

INTERNATIONAL MARKETING OFFICES:

AUSTRALIA
jeremy@absoluteasia.com.au
sales@absoluteasia.com.au

ITALY
mvismara@vertexic.com

BRAZIL
cris@indoasiatours.com.br

RUSSIA
daria@asia-reps.com

FINLAND
sales@yellowsky.fi

SPAIN
monica@indoasia-tours.com
spain@indoasiatours.com

**GERMANY + SWITZERLAND
+ AUSTRIA**
justine@indoasia-tours.com
mariebauer@indoasiatours.de

USA
nigel.bramich@wow-collection.net

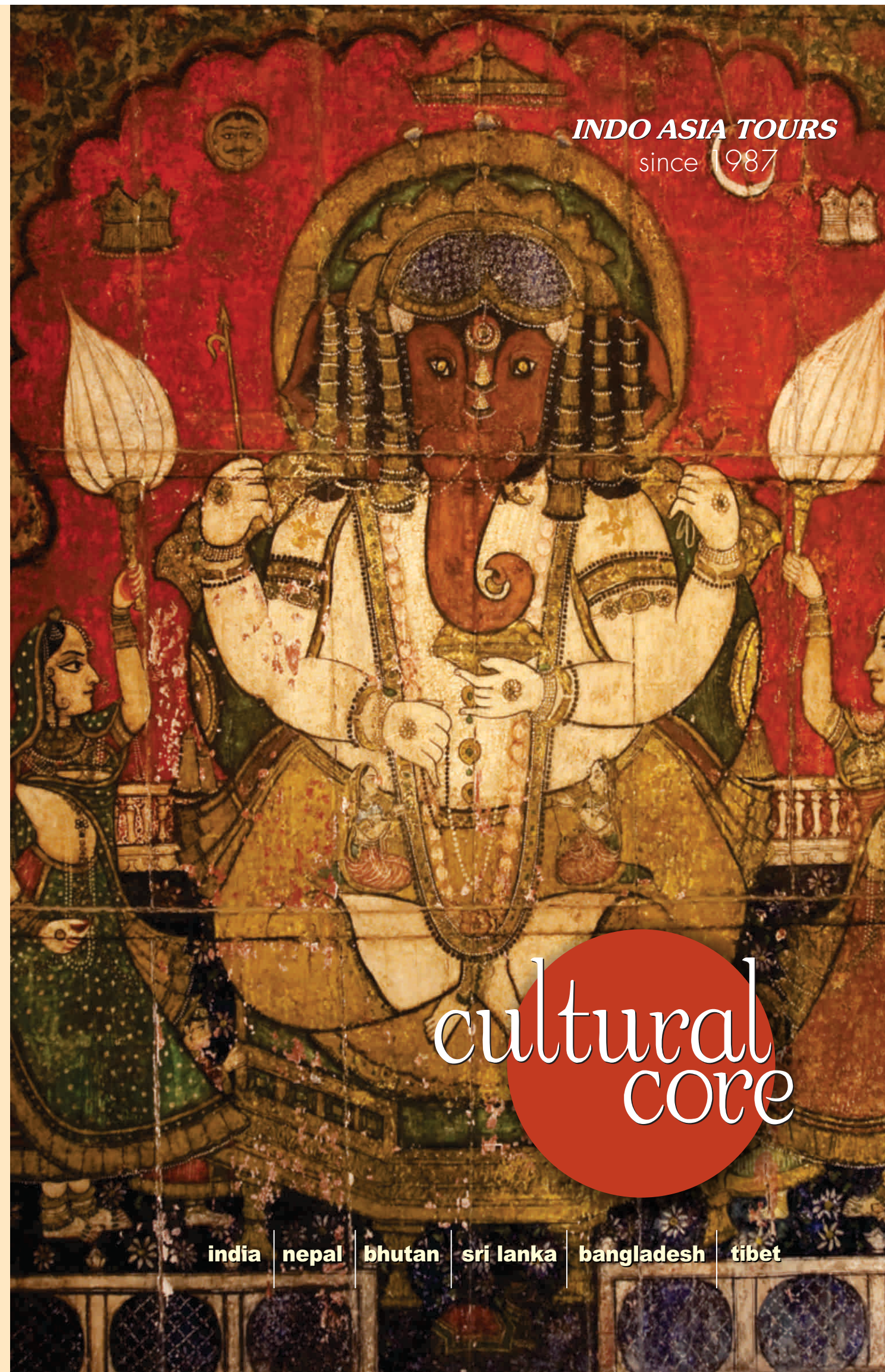


INDO ASIA TOURS

(A DIVISION OF INDO ASIA LEISURE SERVICES LTD.)
An ISO 9001:2008 Certified Company

Indo Asia House, 56 Institutional Area, Sector - 44, Gurgaon - 122002, Haryana, India
Phone: +91-124-4534500 / 600 Fax: +91-124-4534585
E-mail: marketing@indoasiatours.com • indoasia@vsnl.com
Website: www.indoasia-tours.com
Recognised by Dept. of Tourism, Govt. of India.

Bangalore Chennai Kolkata Mumbai



india | nepal | bhutan | sri lanka | bangladesh | tibet

messages of appreciation...

It is almost 30 years that Gebeco / Dr. Tigges have been working together with Indo Asia Tours. One can say that we grew along together. We owe it to the extraordinary commitment of the staff of Indo Asia that our India business in the many years could develop so much and our collaboration be so successful. Customer satisfaction has been and is always at the center. This is particularly true for the reps who care "as a mother" (as the feedback of many Gebeco customers) to our guests.

For it at all a big thank you!
*Sigrid Grüneke,
Gebeco, Germany*

We have just returned from our tour to India, which included our tour of Southern India and Varanasi that you arranged for us.

It was a wonderful tour from the moment your local representative met us at Trivandrum to our departing flight from Varanasi. Your pre-departure service was amazing – very quick responses to all our e-mails with many sensible suggestions to help us organise our itinerary. I would like to make special mention of our driver, Kumar, who was fabulous and very patient with us! The driver is one of the most important elements in such a holiday because he is with you nearly every day!

The local guides were always very punctual, helpful and knowledgeable. The hotels were very good value for money and again we must make special mention of the Hotel Jukaso Ganges in Varanasi - the location was unbelievable – right on the Ganges.

We travel overseas every year and this was one of the best holidays we have had. All in all excellent value for money and we would have no hesitation in recommending your services to other travellers.

Thank you,
*Sue and Malcolm Wilson,
Australia*

I want to thank you all your arrangement for our visit in Delhi in October. Everything was OK! It was a ten points trip!!! And we were more than satisfied! Thank you! We want to come to India once more in future!

Greetings
*Terhi and Erkki,
Finland*

Thank you all for organizing the trip to India and Bhutan. I really enjoyed it. Also it was nice to meet you. Thanks for all your attention and kind cooperation. Sunil, it was great to have dinner at Samode Palace. Vinay, I liked to travel with you through Bhutan. Laxmikant, thanks for organizing my tour to Khajuraho and Varanasi, both fantastic places. I had a good time.

See you soon and take care.
*Henk Halferkamps,
Rama Tours, Holland*



From the Directors' desk...

Welcome to the home of one of the oldest civilisations on earth. Be mesmerised by the sights, sounds and flavours of ancient history, heritage and culture.

Travel beyond the regular guidebooks with our experienced travel specialists who enlighten and stimulate you with their knowledge in subjects ranging from art, architecture, archaeology, culture and history.


Our cultural holidays have been carefully researched giving emphasis to the unique cultural diversity of India and its sub-continent in language, religion, art, customs, traditions and local cuisines.

Guests are pampered with stays at classic and unique Royal Palace and heritage hotels that reflect the cultural ethos of the region, with exquisitely appointed guest rooms and suites, internationally acclaimed cuisine and exceptional leisure facilities designed to create a delightfully memorable travel experience. We also offer the experience of staying with families from different walks of life in the form of home stays.

For an out-of-the-ordinary experience we offer exotic, exciting yet serene luxury river cruises filled with activities, shore excursions and gourmet cuisines that truly enable you to immerse yourself in the local traditions and culture. You also have the option of chugging along on one of the many luxury trains that help to heighten your cultural experience.

Indo Asia Tours is committed and dedicated to the conservation and upkeep of natural heritage and environment. We also take great pride in the safety and comfort of our clients by providing quality vehicles and excellently trained drivers who act as your guides while on the road.

We continually strive to offer the most customised Culture Tour packages that take you on a medley of culturally rich destinations, offering a spectrum of intoxicating cultural cocktail. We offer a varied selection of tours across the sub-continent and with just a few highlighted examples of our tours mentioned ahead we hope simply to whet your appetite.


Sudesh Behal
(Director)


Gajendra Singh Panwar
(Director)


Sunirmol Ghosh
(Director)



Indo Asia Tours is a leading Destination Management Company that specialises in the Indian sub-continent making it possible for our customers to explore and imbibe the rich cultural heritage and diversity of the region. We provide personalised experiences that not only make your travel exciting but also give you memories to cherish for a life time.

We are lead by a team that is both experienced and respected in the industry. The identity of our company, our philosophy and our approach to our clients all revolve around our motto of “**Welcome a Tourist and send back a Friend**”. It is towards this end that we customise every travel plan to suit the unique needs of every traveller thus making for an exceptional travel experience.

Corporate Social Responsibility:

Indo Asia strives towards developing sustainable community programmes that are viable in the long term and aid in rejuvenating the local economy through practices that are environmentally responsible.

We promote several “green” activities and programmes that are executed with the aid and participation of our international partners as well. We encourage our international partners to donate part of the profits raised from their operations in India for the betterment of the underprivileged in the areas visited by their clients.

Our endeavor is to make a positive contribution for the underprivileged and the environment by supporting a wide range of socio-economic, educational, health and eco-friendly initiatives. Our goal is to infuse measurable and sustainable practices throughout the organisation with the participation of employees, customers, business partners and other stock holders.

As part of our corporate responsibility we have adopted a village called Nadha in Madhya Pradesh for integrated rural development. Thus far the building for a primary school is in place; a primary health care centre has been constructed and we are aiding and educating the local farmers in growing organic food and helping them market it.

We ensure that we promote and execute trips that are sustainable and eco-friendly.

In recognition of our efforts we have been nominated by the Ministry of Tourism, India for the best sustainable itinerary and have also won the National Tourism Award for Best Innovative Project by promoting innovative sustainable programmes.

For more details on our CSR initiatives, please visit <http://www.indoasia-tours.com>



india | nepal | bhutan | sri lanka | bangladesh | tibet



cultural core

*"A nation's culture resides in the hearts and the soul of its people."
- Mahatma Gandhi*

In a land that is both colourful and vibrant there is no shortage of cultural delights. It is reflected in the clothes we wear, the food we eat, the festivals we celebrate and even in how we mourn our dead. In Bhutan they celebrate their victory over the Tibetan forces at the Punakha Drubchen, in India the defeat of the forces of evil are celebrated at Holi and Diwali with an eruption of lights, colour and joyous abandonment.

Our culture can also be seen carved or embossed on the sides of temples, forts and palaces. Some of the greatest examples can be found at the Taj Mahal, one of the seven wonders of the world and in the many gigantic forts that the kings called home.

Music and dance beat a hypnotic rhythm that enchants the onlooker. You may find it at a street corner or in the halls of an auditorium and it will give you a brief glimpse into a fine art tradition that goes back several millennia.

As you explore the region small cultural glimpses will catch your eye; men and women folding hands while greeting an elder or stooping to touch their feet to obtain their blessings.

In India the arrival of a guest is seen as the arrival of God to our doorstep. We welcome guests not only into our homes and lives but encourage them to be a part of our culture and traditions. So, we look forward to having you with us, sharing a cup of tea and walking the footsteps of our history and culture with us.



In an age of fiefdoms and kings, an age of war and uncertainty the sires of old built bastions of strength and magnificence to project their might, showcase their culture and to protect their citizens. The fruit of their labour has stood the test of time, not just their time but ours as well. Even now after centuries of the ravaging of time these palaces and forts stand and remind us of the power they witnessed, love that flourished, war and battle strategies that devastated and of men who became legends.

Royal Splendour

*DELHI ✎ *JAIPUR ✎ *JODHPUR ✎ *KUMBHALGARH ✎ UDAIPUR ✎ *CHITTORGARH ✎ BIJAIPUR ✎ KOTA ✎ BUNDI ✎ KARAU LI ✎ GWALIOR ✎ *AGRA ✎ DELHI

All across the length and breadth of India you will find cities and towns that are home to the remnants of what were once pillars of strength and splendour. Every fort and palace from Kashmir in the north to Kanyakumari in the south and from Gujarat in the west to Assam in the east has a story to be told. Whether they are intact or crumbling these forts and palaces stand testament to a flourishing culture, mighty kings and queens, undying love, fearsome battles, cruel punishments and economic and political decisions.

As you step through these palaces the stories of magnificently brave kings and just as courageous queens ring out and resonate through the walls. The Chittorgarh Fort has the dubious honour of seeing three mass suicides by its queens, their attendants and young children in the face of imminent defeat of their armies. It also has stories of devotional love resonating through its walls with the tale of the Divine love that Meera felt for Lord Krishna going so far as to drinking a cup of poison given to her as a blessing by the Lord.

Whispers are also heard singing the tales of love everlasting. The Taj Mahal saw the birth of one such great love story when King Shah Jahan

spent nearly quarter of a century building a mausoleum worthy enough to be the final resting place of his beloved wife, Mumtaz Mahal. Even the beacon of everlasting love, the Taj stands and watches over the king and queen as they sleep their final repose.

Coincidences or legends these tales survive. Tales of love, loyalty, bravery, sacrifice and cruelty are all imbibed in the very essence of the foundations and ring out through the jharokhas (windows) lest they be forgotten. As you touch the walls it seems as though centuries of history is pulsing through the walls into your hands and giving you glimpses into the life and time that was. The tales that flow through these forts and palaces are enough to give you “goose bumps” as you complete your journey through them.

A royal past lives through to the future in each chiselled stone and painting. Generations of royals have frolicked, bruised their knees and commanded armies from these majestic homes. Homes that now beckon you to them and offer a glimpse into the lives, loves and deaths of their masters.

Forts & Palaces



OTHER SUGGESTIVE TOURS



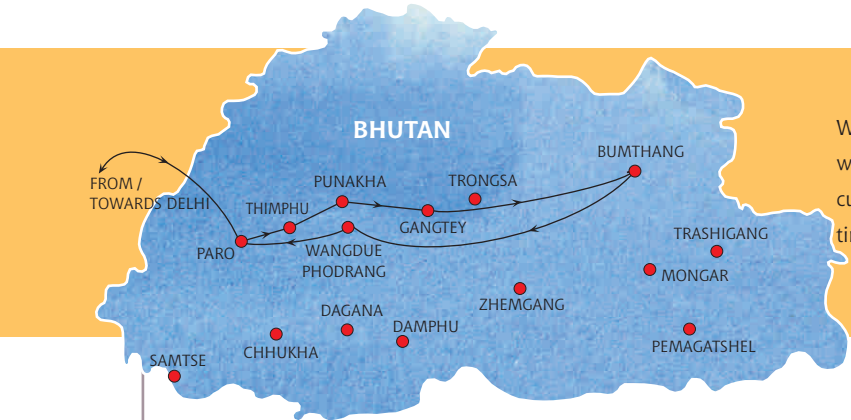
■ peak period ■ shoulder period

jan feb mar apr may jun jul aug sep oct nov dec

* The Forts in these places are listed in UNESCO's World Heritage Monuments

	DECCAN INDIA	SOUTH INDIA	MAJESTIC DZONGS OF BHUTAN	NEPAL & TIBET
■ peak period ■ shoulder period	*HYDERABAD / BIDAR / GULBARGA / BIJAPUR / BADAMI / HOSPET /*HAMPI / HASSAN / MYSORE / BANGALORE	COCHIN / BACKWATER / KOVALAM / PADMANABHAPURAM / KANYAKUMARI / MADURAI / CHETTINAD / TRICHY / *THANJAVUR / KUMBakonam / *MAHABALIPURAM - CHENNAI	PARO / THIMPHU / TRONGSA / BUMTHANG / PUNAKHA / PARO ■ MARCH TO MAY & SEPTEMBER TO NOVEMBER	*KATHMANDU /*LHASA / GYANTSE / SHIGATSE / SAKYA / SHEGAR / ROMBUK / ZHANG MU / KATHMANDU ■ APRIL TO JUNE & SEPTEMBER & OCTOBER
	■ OCTOBER TO APRIL ■ MAY TO SEPTEMBER	■ OCTOBER TO APRIL ■ MAY TO SEPTEMBER	■ JUNE TO AUGUST & DECEMBER TO FEBRUARY	■ JULY TO AUGUST & NOVEMBER TO MARCH

For more details, please visit <http://www.indoasia-tours.com>



We are the collective consciousness of our life experiences. They make us who we are; binds us to our fellows and also what separates us from each other. Our culture, myths and legends are what bind us together. Coming together in a time of celebration brings all our hearts and souls together.



Thimpu Tshechu

DELHI ✂ PARO ✂ THIMPU ✂ PUNAKHA ✂ GANGTEY ✂ BUMTHANG ✂ WANGDUEPHODRANG ✂ PARO ✂ DELHI

“You are invited to the festival of this world and your life is blessed.”
- Rabindranath Tagore

Festivals, a time of joy and togetherness, help us to not only keep our legends alive but also give flavour and depth to our culture. As a civilisation grows the boundaries between religions begin to blur especially during the time of festivals. Christmas for instance might not be celebrated in all homes with the same vigour as Christian homes but it can be found lurking in bits and pieces in every home. After all who can resist a jolly and gift bearing Saint Nick?

Bhutan is a country steeped in tradition and thus has an amazingly rich culture that is kept alive by its citizens, who take great pride in showcasing it. Bhutan being a Buddhist state can trace the roots of most of its varied festivals to the Buddhist tradition. However, if you thought that all you get at their festivals is mesmerising chanting and deep reflection you could not be farther from the truth. Bhutanese festivals are boisterous, colourful, and loud. They emanate the pride and happiness that the citizens feel towards their traditions.

Perhaps the most famous and widely known Bhutanese festival is the Tshechu; a four day festival held throughout Bhutan to honour Guru Rinpoche. Padmasambhava, also known as Guru Rinpoche,

introduced Buddhism to Bhutan. He also saved the life of the ailing King by performing a series of ritualised dances. These dances are recreated during the Tshechu all over Bhutan.

Thimphu and Paro hold the biggest Tshechus. Beauty, colour, joy, reverence all come alive at the Thimpu Tshechu. Tshechu meaning 10th day is usually held on the tenth day of a month based on the lunar calendar. The sacred Cham dances were originally performed only by masked monks. But today these dances are performed by trained dancers.

The dancers and the public alike recreate the magic by continuously repeating the mesmerising dance performed by Padmasambhava in the hope that they too, like their King might be saved from the eternal cycle of birth and rebirth.

Colourful masked dancers lost in the streets of history, the promise of the eradication of all sins are just some of the many reasons to lose yourself in a past that comes to life right before your eyes.

We have over 40 different tours celebrating various festivals, during different seasons across the sub-continent waiting for you to join them and celebrate with us.



Festivals

OTHER SUGGESTIVE TOURS



■ festival months

jan	feb	mar	apr	may	jun	jul	aug	sep	oct	nov	dec
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PERAHERA FESTIVAL SRI LANKA	SOUTH INDIA TEMPLE FESTIVAL	SAGA DAWA FESTIVAL TIBET	DURGA PUJA FESTIVAL IN BANGLADESH
COLOMBO / PINNAWALA / DAMBULLA / POLONNARUWA / MATALE / KANDY / NUWARA ELIYA / YALA / KATARAGAMA / GALLE / COLOMBO	CHENNAI / KANCHIPURAM / MADURAI / CHETTINAD / PERIYAR / BACKWATER / COCHIN / MARARIKULAM / COCHIN	KATHMANDU / LHASA / GYANGTSE / SHIGATSE / SAKYA / SHEGAR / ZHANG MU / KATHMANDU	DHAKA / TANGAIL / SRIMONGOL / COMILLA / DHAKA
■ JULY OR AUGUST	■ FEBRUARY OR MARCH OR APRIL	■ MAY OR JUNE	■ OCTOBER OR NOVEMBER

For more details, please visit <http://www.indoasia-tours.com>



Religion is the cornerstone of man's existence and the sustenance of his soul. Since the earliest days of man, evidence of religion has also been around; it might not have had concrete doctrines but it was found on walls in caves and on rocks in fields. It is all around us and whether or not we believe in it religion is something that shapes all our lives.



Footsteps of Buddha

GAYA ✂ BODHGAYA ✂ RAJGIR ✂ NALANDA ✂ PATNA ✂ VAISHALI ✂ KUSHINAGAR ✂ LUMBINI ✂ KAPILAVASTU ✂ SRAVASTI ✂ VARANASI

“All that we are is the result of what we have thought. The mind is everything. What we think we become.”
- Gautama Buddha

Different cultures and religions call their Gods by different names. However, it cannot be denied that most of us turn to God to find comfort and consciously or unconsciously use religion to define ourselves. The names and faces of these Gods may be different but their presence across cultures proves that we need to believe in something bigger than ourselves to help guide our steps.

India for many millennia has been the birthplace and refuge for many a spiritual thought. It is not surprising that in a land that opens its arms and accepts all, several of the greatest thinkers and spiritualists found the peace that is needed to leave behind earthly temptations and rise to a godly level.

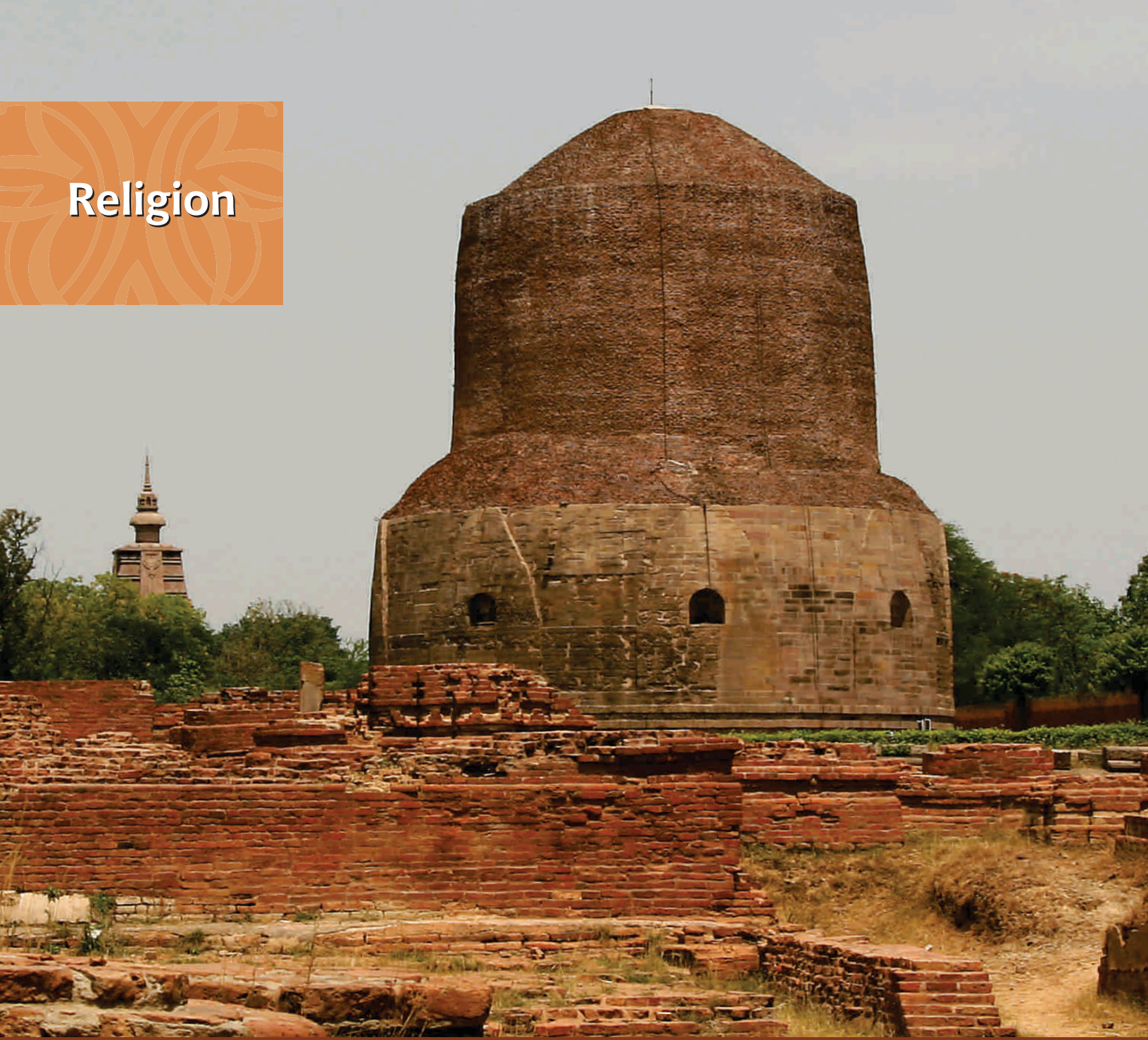
Somewhere between the 4th and 5th centuries BC a young man named Gautama Buddha left his kingly life behind him and started to live the life of a sage. After studying the way of many aesthetics Buddha found “Enlightenment” under a Bodhi tree in Bodh Gaya at the age of 35 years.

The path and teachings of 'The Enlightened One' spoke of a middle path between extreme asceticism and a worldly life. He preached 'The Four Noble Truths' that would aid its followers in achieving Nirvana. To this day the followers of Buddha strive to live the most noble of lives to achieve this state of Nirvana.

In Bodh Gaya is the hope of enlightenment, in Lumbini the site of the birth of the man who ascended to become so much more. There in the ruins of Nalanda, the oldest university of higher learning, where many of the greatest scholars of their age came to gain a different type of enlightenment lies the testament to man's endeavour to attain excellence. The path of the Buddha is here for us to follow and admire.

Many people come to India to visit the places where Buddha lived, achieved enlightenment and preached his words. Do they come to see the earthly remnants of what remain of a great man's life or to search for some inner truth about themselves? The answer is different for each person that undertakes this journey. However, not one person leaves without finding a small glimmer of their own enlightenment. When will you embark on the journey of your enlightenment?

Religion



OTHER SUGGESTIVE TOURS




■ peak period ■ shoulder period




RELIGIONS OF INDIA	FOOTSTEPS OF ST. THOMAS	HINDUISM IN NEPAL	BUDDHISM IN BHUTAN
DELHI / AMRITSAR / DHARAMSHALA / MCLEOD GANJ / KANGRA / PRAGPUR / CHINTPURNI / CHANDIGARH / HARIDWAR / RISHIKESH / AGRA / DELHI	COCHIN / MALAYATOOR / KODUNGALLUR / KOTTAYAM / KUMARAKOM / PERIYAR / MADURAI / TRICHY / TANJORE / VAILANKANNI / PONDICHERRY / MAHABALIPURAM / CHENNAI.	KATHMANDU / DAKSHINKALI / PHARPING / PATAN / MANAKAMANA / POKHARA / PASHUPATINATH / BOUDHANATH / SAYAMBHUNATH / SANKHU / BHAKTAPUR / CHANGU NARAYAN / KATHMANDU	PARO / THIMPHU / PUNAKHA / PARO
■ OCTOBER TO APRIL ■ MAY TO SEPTEMBER.	■ OCTOBER TO APRIL ■ MAY TO SEPTEMBER.	■ APRIL TO JUNE & SEPTEMBER TO OCTOBER ■ JULY TO AUGUST & NOVEMBER TO MARCH	■ MARCH TO MAY & SEPTEMBER TO NOVEMBER ■ JUNE TO AUGUST & DECEMBER TO FEBRUARY

For more details, please visit <http://www.indoasia-tours.com>



UTTAR PRADESH
LUCKNOW
KANPUR
AYODHYA
ALLAHABAD
VARANASI
BIHAR
BUXAR
PATNA
MUNGER
NALANDA
RAJGIR
BODHGAYA
VIKRAMSHILA
JHARKHAND
MURSHIDABAD
WEST BENGAL
MALDAH
FARAKKA
MATIARI
MAYAPUR
KALNA
CHANDANNAGAR
BARRACKPORE
KOLKATA

A river's life cycle mirrors that of a human's to such an extent that one cannot help but be captivated by these cascading giants. They start out as individual drops trickling from a melting glacier to become raging and temperamental forces of nature. Slowly they evolve into a mixture both capable of giving life and destroying it. Finally they reach the last stage where calm and weary they slowly inch their way into the sea and oblivion, taking with them the knowledge of generations.



Journey on Ganges

KOLKATA & BARRACKPORE & CHANDANNAGAR & SHANTIPUR & KALNA & MAYAPUR & MATIARI & MURSHIDABAD & FARAKKA & MALDA & VIKRAMSHILA & MUNGER & NALANDA & RAJGIR & BODHGAYA & PATNA & BUXAR & VARANASI & KOLKATA

"The Ganga to me is the symbol of India's memorable past which has been flowing into the present and continues to flow towards the ocean of the future."
- Jawaharlal Nehru

Along the long and tiring journey the river is witness to men and civilisation, death and birth; and much more that it commits to its silent memory. To move on the river as she passes though her life's journey gives you glimpses into all that she sees and remembers.

Legend has it that the Ganga (Ganges in English) has the power to help us attain nirvana, freedom from the circle of life, death and rebirth. To this end, the ashes of most Indians are immersed in the Ganga.

The Ganga will also guide you past the holiest of holy cities that sit on her banks. From Gangotri, Haridwar to Allahabad on to Varanasi, a city that is not only holy but the oldest, continuously inhabited city in the world. She will take you past cosmopolitan cities like Kolkata where modern India lives with the splendour of the past. Time both moves and stands still here.

She is worshipped as a Goddess and revered like a mother. She nurtures us and provides for us. We may be in a hurry but as we pass by her we stop and throw a coin into her waters in the hope that she may grant us our wishes. People from all over the country undertake long journeys to come to her shores and dip in her waters to wash away their sins.

She gives you an insight into the history and heritage that makes India what she is. Right from the time of the legends of the Ramayana and Mahabharata the banks of Ganga have seen the rise and fall of many a great empire and civilisation. Cities have been razed to the ground and built up again and the rise and fall of these empires are all on display through the cycle of the Ganga.

Ganga's path chronicles our lives and that of our ancestors. It is this chronicle that can be witnessed by you when you accompany her on her path. Gods, kings and paupers all can be found along the path of the Ganga and they all tell a small paragraph from the story that is India. When will you come and hear the story that the Ganga is waiting to tell you?



River Cruises

OTHER SUGGESTIVE TOURS



operational months

jan	feb	mar	apr	may	jun	jul	aug	sep	oct	nov	dec

operational months	GANGES HERITAGE CRUISE	SUNDARBAN IN BANGLADESH	BRAHMAPUTRA RIVER CRUISE	RICE BOAT CRUISE
	KOLKATA / SERAMPORE OR BARRACKPORE / CHANDANNAGAR / BANDEL / MAYAPUR / KATWA / MURSHIDABAD / KOLKATA SEPTEMBER TO APRIL	DHAKA / KHULNA / SUNDARBANS / BAGERHAT / BENAPOLE / KOLKATA JANUARY TO DECEMBER	KOLKATA / GUWAHATI / KURUA / KHIRAKATA / TULLUGAON / TEZPUR / NAMERI NATIONAL PARK / KAZIRANGA / JORHAT / KOLKATA NOVEMBER TO APRIL	COCHIN / ALLEPPEY / THOTTAPALLY / THAKAZHI / ONNAMKARA / MARTHAONDOM KAYAL / PALLATHURATHY / KOVALAM / TRIVANDRUM JANUARY TO DECEMBER

For more details, please visit <http://www.indoasia-tours.com>



Unique experiences that take you beyond the everyday to the extraordinary, to a diversity of themes such as experiencing holy & religious sites, sampling varied & rich culinary delights, freeing the adventure & active spirit in you or enhancing your art & architecture quotient. These special interest tours are designed around a chosen pursuit that guarantees absolute satisfaction. This is, today, the most popular flavour of an experienced traveller.

Special Interest Tours

Kerala Culinary

COCHIN & MUNNAR & MADURAI & PERIYAR & BACKWATER & MARARIKULAM & COCHIN

“There is no love sincerer than the love of food.”
- George Bernard Shaw

As you explore India you will find that the language the people speak and the food that they eat changes every ten kilometres. We are passionate about our food and this is reflected in the cuisine of each community. For instance the cuisine of the loud and boisterous Punjabis is also bold in its flavours and their love for life oozes in the form of butter and clarified butter in their food.

Moving towards Lucknow, the land of Nawabs, the food is rich with flavours and spices just like the royals of old. In Rajasthan the flavours in the cuisine both reflects the hardship of the desert and keeps it at bay.

Food forms an integral part of all occasions and seasons in India. The summer is eagerly awaited in all homes for the great mango is available then which is nothing less than an obsession. Different foods are served and offered to the Gods to appease them like gujiya (stuffed pastry dipped in caramel) during the festival of Holi.

Food is also used to cure the sick. Almost every child has in time of

sickness been made to drink milk heavily laced with turmeric. Karela (bitter gourd) juice too is drunk to banish skin ailments and to purify the blood, much to the anguish of young girls everywhere.

The cuisine of Kerala, vegetarian or non-vegetarian is a sinful amalgamation of various spices, mellowed by the ever present coconut that grows abundantly in the land. Rice is the staple ingredient and can be found in some form or the other in every meal. It might take the form of a dosa (a very thin bread) or an idli (fluffy pancakes). These would be accompanied by the beloved sambar (a spicy curry) that has become a favourite all over India.

Non-vegetarian dishes include Kozhi Porichathu or Meen Porichathu (chicken and fish fry). Another popular dish is the Molly (chicken, beef, fish or mutton curry). Prawns in all their forms also feature heavily in the cuisine. A traditional meal, even today, is served on a banana leaf and offers an assortment of delicacies for the family.

Kerala offers enough variety and spice to satiate the hungriest of travellers. Since Kerala is fondly called 'God's Own Country' the cuisine here is truly one for the Gods. When will you come and sample the food of the Gods?



OTHER SUGGESTIVE TOURS



■ peak period ■ shoulder period



	NORTH EAST TRIBES	LIFE OF MAHARANI GAYATRI DEVI	PHOTOGRAPHY TOUR TO NEPAL	A SUSTAINABLE HOLIDAY
■ peak period ■ shoulder period	KOLKATA / JORHAT / MAJULI / SIVASAGAR / DIBRUGARH / WAKRO / ROING / TINSUKIA / DIGBOI / DIBRUGARH / KOLKATA	KOLKATA / DARJEELING / COOCH BEHAR / DELHI / AGRA / JAIPUR / AHMEDABAD / VADODARA / MUMBAI	KATHMANDU / MANAKAMANA / BANDIPUR / POKHARA / LUMBINI / KATHMANDU	DELHI / AGRA / JAIPUR / PUSHKAR / DEOGARH / UDAIPUR / DELHI
	■ NOVEMBER TO APRIL ■ MAY TO OCTOBER	■ OCTOBER TO APRIL ■ MAY TO SEPTEMBER	■ APRIL TO JUNE & SEPTEMBER, OCTOBER ■ JULY, AUGUST & NOVEMBER TO MARCH	■ OCTOBER TO APRIL ■ MAY TO SEPTEMBER

For more details, please visit <http://www.indoasia-tours.com>