

Goa to Kerala Cycle



trip highlights

Relax on the palm-fringed beaches of Goa

Explore the scenic coastline by bike

Time to experience Maravanthe

Cycle through Kerala's lush green countryside

Visit the pilgrimage towns of Gokarna and Udipi

Wander through ancient forts and active fishing ports

Eat a masala dosa in the town where the treat was invented

Dine on fresh seafood seasoned with local spices



Trip Duration	13 days	Trip Code: GKC
Grade	Introductory to Moderate	
Activities	Cycling	
Summary	8 day cycle, 12 nights hotel	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Goa to Kerala Cycle, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

When planning travel to a remote destination, many factors need to be considered. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trip in India. Every trip is accompanied by an experienced local leader, as well as support staff that share a passion for the region, and a desire to share it with you.

Our guides and vehicles are the best available and to ensure the smooth operation of all trips, our partners in India continually work with us to improve our itineraries to ensure we are taking the 'paths less travelled'. Our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.



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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

the trip

This fully supported cycling adventure through Goa, Karnataka and Kerala will surprise and delight travellers who may have spent time in India's raucous north, slowly revealing a far gentler side to this extraordinary country. Travelling at a pace well suited to the laid-back attitude of the south - we linger in villages and towns en route, connecting to the people, their myriad life-ways and rich culture. Reward yourself after a hard day's riding with time to relax. Enjoy the beaches in this unique part of the world and pledge to indulge regularly in the delicious bounty local fishermen reap from the Arabian Sea.

at a glance

DAY 1	JOIN GOA
DAY 2	IN GOA
DAY 3	DRIVE TO KARWAR, CYCLE TO GOKARNA (CYCLE 50 KM)
DAY 4	CYCLE TO HONAVAR (CYCLE 40 KM)
DAY 5	CYCLE TO MARAVANTE (CYCLE 100 KM)
DAY 6	CYCLE TO UDIPI (CYCLE 45 KM)
DAY 7	FREE DAY IN MARAVANTE
DAY 8	CYCLE TO MANGALORE (CYCLE 58 KM)
DAY 9	CYCLE TO NIELSHAWR (CYCLE 87 KM)
DAY 10	RELAX ON THE BEACH
DAY 11	CYCLE TO THALASSERI (CYCLE 65 KM)
DAY 12	CYCLE TO KOZHIKODE (CYCLE 63KM)
DAY 13	IN KOZHIKODE, TRIP CONCLUDES

what's included

- 12 breakfasts, 5 lunches and 11 dinners
- airport transfer (day 1 and 13 only)
- comfortable hotel accommodation on a twin share basis
- 21 gear bikes
- bike mechanic and support vehicle on cycling day
- expert bilingual guide
- group medical kit
- private air conditioned vehicles
- sightseeing with local guides including entrance fees as specified

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- International or domestic airfares and departure taxes
- Visas
- Travel Insurance (compulsory)
- Meals and beverages not mentioned in the itinerary
- Tips and gratuities
- Items of a personal nature such as laundry, phone calls, bottled mineral water, soft drinks, alcohol etc
- Optional activities and sightseeing during free time

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trip dates

2026 12 Oct - 24 Oct
26 Oct - 07 Nov
30 Nov - 12 Dec

2027 11 Jan - 23 Jan ■
25 Jan - 06 Feb
11 Oct - 23 Oct
25 Oct - 06 Nov
29 Nov - 11 Dec

fast facts

Countries Visited:
India

Visas:
Please check visa requirements with your reservations consultant*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Private Groups:
Private group options are available for this trip*

Singles:
A single supplement is available for this trip*

Leader:
Expert local leader

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

*Ask our staff for more information.

→ Still/video camera fees at monuments

detailed itinerary

DAY 1 Join Goa

Welcome to Goa! Our representatives will meet your flight today and transfer you to your hotel. Feel free to spend the rest of the afternoon relaxing – in your comfortable hotel room, on the beach, or swimming in the shallow shore-breakers of the Arabian Sea. Overnight: O' Hotel or similar.

meals: D

DAY 2 In Goa

After breakfast we unpack our bikes and head off on a short ride. This will give everyone a chance to familiarise themselves with the region's road conditions and an opportunity to check everything mechanical is in order, before we begin our cycling adventure in earnest. The rest of the day is then yours to enjoy at your leisure, perhaps exploring some of the city of Goa itself. It has a completely different feel to other Indian cities, due in no small measure to four centuries of Portuguese influence. Overnight: O' Hotel or similar.

meals: B

DAY 3 Drive to Karwar, cycle to Gokarna (cycle 50 km)

To avoid the city's more congested roads, we'll actually drive out of Goa to Karwar – a quiet port town on the southern-side of the Kali Nadi river. The scenery here is quite picturesque, with emerald-green hills and beautiful bays welcoming us to the Indian State of Karnataka. We ride 50km today, past Ankola, with its 15th Century temple and fort ruins, and into the sleepy little village of Gokarna. Think: Goa – without all the hype. There is a temple here dedicated to Lord Shiva that you may like to visit, but chances are – once we have checked into our accommodation – you'll be hailing down an auto-rickshaw and making a bee-line for a well-deserved swim at Om Beach. Overnight: Om Beach Resort or similar.

meals: B,L,D

DAY 4 Cycle to Honavar (cycle 40 km)

With 40km to cycle today, we have time to stop at a school along the way to meet some of the irrepressible local students. After lunch we'll wheel our way through an unhurried landscape with rural vistas aplenty on the one side, and sweeping ocean views on the other. Overnight: Areca County or similar.

meals: B,L,D

DAY 5 Cycle to Maravante (cycle 100 km)

We have our longest ride of the trip today – 100km in total – so make sure you fuel up at breakfast, to keep those leg muscles pumping! On our way there we'll have great views of Kodachadri Hill Looming up on our inland side. If it feels like you've bitten off a little more than you can chew today, rest assured, help is on the way! Our support vehicle is never too far behind to pick up the tired and the weary... Overnight: Meridian Bay Resort & Spa or similar.

meals: B,L,D

DAY 6 Cycle to Udipi (cycle 45 km)

We have a relatively short 45km ride ahead of us today, ensuring we reach Udipi with time to eat and explore! Udipi is a popular pilgrimage site among Hindus,

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thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

who come to worship at the town's 13th Century Krishna Temple. There's always something happening here – from musicians playing at the entrance gates to elephants bestowing blessings on the faithful. Non believers are welcome in the temple, but an unusual edict stipulates men must enter bare-chested. The other thing Udipi is famous for is its food – in particular its delicious vegetarian thalis. And it would be tantamount to sacrilege not to try a dosa here, for Udipi is (allegedly) the birth-place of the ever-popular Indian snack. Overnight: Paradise Isle Beach Resort or similar.

meals: B,D

DAY 7 Free day in Maravante

After our long ride yesterday, you'll no doubt appreciate our scheduled rest day here in Maravante. The beach is considered by many to be the best in all of Karnataka. And our resort affords the best of both worlds: a magnificent place to simply "drop and flop", or for those with energy to burn - water-sports galore. Overnight :Paradise Isle Beach Resort or similar.

meals: B

DAY 8 Cycle to Mangalore (cycle 58 km)

With the promise of a spicy seafood dish at day's end, our 58km ride to Mangalore will be done and dusted in no time! We're aiming to reach this busy port city (which manages around 75% of India's exports) by mid-afternoon, allowing plenty of time for sight-seeing. There are some lovely temples in Mangalore, including the Kadri Manjunatha Temple, with its 1,000-year-old bronze statue of Lokeshvara – India's Saviour God. Overnight: Hotel Goldfinch or similar.

meals: B,L,D

DAY 9 Cycle to Nielshwar (cycle 87 km)

Soon after leaving Mangalore we cross our second state boundary, this time crossing from Karnataka in to Kerala. Nielshwar, a small fishing town, gives us the opportunity to explore the serene beaches and fishing villages. Overnight: Malabar Ocean Front or similar.

meals: B,L,D

DAY 10 Relax on the beach

Woo hoo! We only have a short rode today, so plenty of time in the schedule for everyone to soak up the sun and enjoy the relaxed atmosphere of Bekal's beautiful beach. For those itching for more exercise, Bekal Fort beckons! Built in 1660 it is the largest fortification in Kerala, dominating a rocky headland that overlooks the main beach. Overnight: Malabar Ocean Front or similar.

meals: B

DAY 11 Cycle to Thalasseri (cycle 65 km)

We are nearing the end of our journey now and we're certainly much fitter than when we began! Our 50km ride will all but fly by in a blur of coconut palms and open ocean vistas. Thalassery, our final destination today, is home to a fort built in 1708 by the British East India Company –flexing of their colonial imperialist muscle. Overnight: The Pearl Regency or similar.

meals: B,L,D

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DAY 12 Cycle to Kozhikode (cycle 63km)

Our last day on two wheels! Our final 63km ride along Highway 17 hugs the coastline for most of the way. And hopefully the sea breeze will be at our backs as we enter the city of Kozhikode. Once dubbed the "City of Spices" Kozhikode (aka Calicut) continues to trade in pepper and lemongrass but additionally markets commodities such as coconut coffee and rubber. Overnight: The Raviz Kadavu or similar.

meals: B

DAY 13 In Kozhikode, trip concludes

Our trip ends today with a transfer to the domestic airport.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

suggested extensions

- We have a range of options including short customised itineraries and group departures to other areas of India and beyond.
- Ask our office, or refer to our website, www.worldexpeditions.com for more details.

cycling

This itinerary allows for eight days of cycling with average daily distances of approximately 60 kms but there is plenty of scope to cycle more or less, depending on your fitness level. Due to distances between destinations on several days, we will actually travel around 100 - 120 kilometers per day, with the balance of the journey being by bus. This is not designed to be a marathon event so no one needs to feel any pressure to 'perform'. The passenger bus will make several stops en-route (approx every 15kms) to provide bottled water and fresh fruit. This is also a good way of re-grouping and sharing different experiences you may have encountered along the way. The bike-support bus will always travel behind the last cyclist. If you wish to take a break from riding, simply wait at the side of the road in an appropriate place to stop and you will be picked up. Above all else, the emphasis is on seeing India, not training for the Tour de France. Travelling by bike is just a great way to meet the people and absorb something of the village life that few appreciate during their time in India. All your gear and supplies are carried on the bus. Our group leader and assistant leader will cycle with you, while assistants will prepare a host of snacks and refreshments that are served throughout the day.

country information

India has fascinated travellers for thousands of years. It's exotic, chaotic, romantic and wild – a garam masala-like mix of moods, textures, fragrances and colours that will delight and challenge your senses and quite possibly your sensibilities. It really is a land of contrasts, home to more than a billion people, 18 officially recognized languages and more religions and sects than any other place on earth. At times you'll feel as if you are a tiny glass bead, floating inside the world's largest kaleidoscope. Tribal dresses, saris and turbans, forts and palaces – there is no such thing as a blank canvas in India! Every surface is embellished or colourfully adorned. India has a reputation as a hectic and chaotic mix of sights and sounds though as you progress south life takes on a calmer cadence no doubt influenced by the ebb and flow of the Arabian Sea and the languid nature of life in the tropics.

climate

Expect daytime temperatures ranging from 15 to 35 degrees on average. Nights are often quite pleasant though the presence of a sea breeze may bring a comparative chill to the air. Whilst rainfall is at a minimum it is worth bringing a rainjacket for the odd shower you may encounter.

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dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

what you carry

In your daypack you will need to carry extra clothing (depending on the altitude, location and weather), water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze, etc.

equipment required

A comprehensive gear list is provided in the pre-departure information supplied on booking.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

India Entry Requirements – e-Visa and e-Arrival Card

1. Mandatory: e-Visa (Electronic Travel Authorisation)

All travellers must obtain an electronic visa (e-Visa), officially known as an Electronic Travel Authorisation (ETA), before arriving in India.

Visas are not available on arrival.

This applies to citizens of eligible countries, including Australia, New Zealand, the United States, Canada and the United Kingdom.

When to Apply

- e-Visas can be submitted from 120 days before arrival
- Early application is strongly recommended.

Apply only via the official government site:

<https://indianvisaonline.gov.in/evisa/tvoa.html>

What You Need to Know

- Print a hard copy of your approved e-Visa – required at airport check-in
- Your passport must be machine-readable – handwritten or damaged passports may be refused
- Your visa will be stamped into your passport on arrival
- Immigration queues can be lengthy, regardless of visa type
- Not all Indian airports accept e-Visa entry – confirm your arrival airport is eligible

e-Visa Types

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- Tourist e-Visas are available for 30 days or one year, check with your reservations consultant to confirm the appropriate option.
 - Avoid third-party providers – only apply through the official website
2. Mandatory: e-Arrival Card (Within 72 Hours of Travel)

In addition to the e-Visa, all travellers must complete an e-Arrival Card online within 72 hours prior to arrival in India.

This applies to:

- All foreign passport holders, including Australian citizens
- Overseas Citizen of India (OCI) cardholders

Apply here:

<https://indianvisaonline.gov.in/earrival/>

How to Complete the e-Arrival Card

1. Gather your details – passport, visa (if applicable), flight itinerary and accommodation
2. Visit the official site – linked above
3. Complete the form – enter your personal, passport, travel and stay information
4. Submit online – must be completed before departure

We recommend completing this as early as possible within the 72-hour window to avoid delays at immigration.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

webinars & events

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news. Head to our website to subscribe to our regular e-newsletter.

social networking

Connect with us on social

FACEBOOK: [@worldexpeditions](https://www.facebook.com/worldexpeditions)

Like our page at [facebook.com/worldexpeditions](https://www.facebook.com/worldexpeditions)

INSTAGRAM: [@worldexpeditions](https://www.instagram.com/worldexpeditions)



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YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.