

Kerala & Ayurvedic Retreat

Day 1: Arrival in Cochin (1 Night)

- Arrival at Cochin International Airport
- Traditional welcome and hotel transfer
- Check in at a heritage hotel

Evening guided walking tour of Fort Kochi, known for its colonial-era architecture, art galleries, spice markets, and iconic Chinese Fishing Nets at sunset

- Overnight Cochin



Day 2: Cochin Munnar (2 Nights)



Breakfast at the Hotel



Drive to Munnar

(approx. 4.5 hrs) via Cheeyappara Waterfalls



Scenic lunch stop en route.



Munnar Hill Station

A picturesque hill station in the Western Ghats, famous for its lush tea plantations, cool climate, and colonial charm



Check in at a Tea Estate Resort, evening at leisure

Day 3: Munnar Exploration

- Breakfast at the Hotel
- Visit Eravikulam National Park, home to the endangered Nilgiri Tahr and stunning mountain views (UNESCO World Heritage-listed Western Ghats)
- Explore Mattupetty Dam and the Tea Museum for insights into tea production
- Guided nature walk through expansive tea estates.
- Evening at leisure.



Day 4: Munnar – Thekkady (1 Night)

- Breakfast at the Hotel
- Lunch during the road transfer
- Drive to Thekkady (approx. 3.5 hrs)
- Thekkady is renowned for its rich biodiversity, Periyar Wildlife Sanctuary, and lush spice plantations
- Visit a spice farm (cardamom, pepper, cloves) with a local guide
- Checking into Forest-Style Heritage Resort.



Evening Optional:

- Witness traditional Kalaripayattu martial arts or a cultural performance.

Day 5: Thekkady – Kumarakom (2 Nights)

Early morning boat ride on Periyar Lake
with opportunities to spot elephants, deer, and exotic birds.

Breakfast at the Hotel

Lunch en route

Drive to Kumarakom (approx. 4.5 hrs)

Kumarakom Backwaters

Located on the backwaters of Vembanad Lake, Kumarakom is famed for its bird sanctuary and relaxed village atmosphere.

Check in at a peaceful Lakeside Resort.

Evening at leisure.

Day 6: Kumarakom – Village Experience



- Breakfast at the Hotel
- Guided village walk, visit the Kumarakom Bird Sanctuary (migratory birds like Siberian cranes and kingfishers)
- Canoe ride through narrow canals with views of daily village life.
- Optional: Traditional Ayurvedic massage (at own cost)
- Evening at leisure.

Day 7: Kumarakom – Alleppey (1 Night)

1

Breakfast at the Hotel

2

Short drive to Alleppey

(approx. 1.5 hrs, known as the “Venice of the East”)

3

Board your private deluxe houseboat

and cruise through Kerala’s tranquil backwaters.

4

Enjoy a freshly cooked Kerala lunch onboard.

5

Sunset on the water

and a starlit overnight stay on the houseboat.

Day 8: Alleppey – Nattika Beach (7 Nights Retreat)

- Breakfast at the Hotel
- Disembark after breakfast and drive to Nattika Beach (approx. 3.5 hrs)
- Nattika is a peaceful seaside village along the Arabian Sea, known for its authentic Ayurvedic heritage.
- Settle into your wellness resort: At Nattika Beach Ayurveda Resort
- Welcome consultation with an Ayurvedic doctor.
- Start of blissful personalized Ayurveda & Yoga wellness retreat.



Days 9–14: Wellness Retreat at Nattika Beach

- Daily yoga sessions
with certified teachers
- Meditation and Ayurvedic treatments
tailored to your unique dosha (body constitution)
- Balanced, nourishing Ayurvedic meals included
- Optional workshops:
Ayurvedic cooking, yoga philosophy, holistic lifestyle
- Enjoy free time
for beach walks, rest, and rejuvenation

Day 15: Departure

- Breakfast at the retreat.
- Transfer to Cochin International Airport (approx. 1.5 hrs)
- Tour ends – return home with a renewed body, a peaceful mind, and an inspired soul

Inclusions

Airport Transfers:

- Pick-up and drop-off at Cochin International Airport (COK)

Accommodation:

- Stay in carefully selected 4-star hotels, heritage properties, and a premium wellness resort – The Nattika Beach Resort

Meals:

- Daily breakfast at hotels
- All meals are included during the yoga and wellness retreat
- Lunch is provided during intercity road transfers

Exclusions

International Airfare:

- Flights to and from India are not included

Visa:

- Indian visa fees and processing

Tips:

- Gratuities for hotel staff
- Daily tip for the driver (₹500 per day recommended)
- Travel Insurance: Highly recommended but not included

Wellness Program:

- Personalized Ayurveda consultation and daily treatments at The Nattika Beach Resort

Sightseeing & Cultural Experiences:

- Entry fees to all listed monuments and attractions
- Expert local guides at key sites

Transport:

- Comfortable private air-conditioned vehicle throughout the tour
- Local transportation where required

Personal Expenses:

- Laundry, personal shopping, and other incidental costs
- Meals: Any food or beverages not specifically mentioned in the itinerary (including alcoholic and private beverages)