



6 Days Ayurveda Wellness Program

Tour Itinerary

Day 01 : Arrive Cochin

On your arrival at the international airport in Cochin, you will be warmly welcomed by our officials who will escort you to a hotel pre-booked for you. You can relax for sometime in your private space after which we take you out for sightseeing of some famous tourist attractions. Starting with St. Francis Church, we go to Mattancherry Palace, Jewish Synagogue, Hill Palace and Kochi Fort. Afternoon visit to see the breath-taking sight of Chinese fishing nets in the Kochi Fort. Evening stroll at the Cochin spices market. Retreat to the hotel at the end of the day for dining and night stay.

Day 02 : Cochin - Alleppey

Post a delicious morning meal, proceed to Alleppey which is popularly known as Venice of East because of the numerous waterways running through its land. On arrival, check into a houseboat with the assistance of our representatives. Enjoy cruising over the calm backwaters whole day looking at the picturesque water lining ornamented with palm trees and white lilies. Dine in on board and spend a peaceful night on the houseboat.

Day 03 : Alleppey - Kovalam

Morning go off board and get transferred to Kovalam via a comfortable drive. Kovalam is a city famous for its beaches that look very pretty bathed in the warmth of the sun. The cool waters lining these beaches churn out a music pleasing ears and senses in a relaxing way. Assisted check in at a hotel on reaching. Spend rest of the day engaging in leisurely activities and water sports at a beach in Kovalam. Also you have the option of easing out yourself by getting a herbal back massage. Dinner and reposeful overnight stay at the hotel in Kovalam.

Day 04 : In Kovalam

On this day, we will call in the local vaid i.e. an Ayurvedic doctor who will plan your diet and day's routine. It is recommended that you should not consume alcohol or tobacco during the days of Ayurvedic therapy for reaping complete benefits of it. Also avoid exertion of any kind. Your day's routine will include stress-relieving massages, rejuvenating steam baths etc. Plus you will be taught yoga by experts to keep yourself fit and healthy to maintain the right body balance. Dinner according to the diet prescribed and night stay at Kovalam.

Day 05 : In Kovalam

Another day away from the hustle-bustle of a city life savouring the delightful Ayurvedic therapy at the resort. The Ayurveda spa treatments offered here will be an experience of a lifetime. Overnight in Kovalam.

Day 06 : Kovalam - Trivandrum - Departure

Get conveyed to Trivandrum via road and transfer to a hotel with the kind assistance of our agents. Embark on a city excursion of Trivandrum later visiting the Padmanabha Swami Temple, Shri Chitra Art Gallery etc. Return back to the hotel in the evening for dinner and then depart afterwards to reach the airport from where you board a flight back home