



KERALA - WELLNESS HOLIDAY 3 - 5N / 6D



ITINERARY

Wellness Holidays : 5N/6D

Day 01 Arrive Coimbatore - Palakkad

Morning, transfer to airport for flight to Coimbatore. Arrive Coimbatore & transfer to Palakkad by surface. Evening is at leisure. O/N at Kairali Ayurvedic Health Resort.



Day 02 Palakkad

Early morning experience yoga. Enjoy the best of Ayurvedic massages. Consultations with the experienced Ayurvedic professionals. This resort also features the powerful Panchkarma therapies to remove toxins and rejuvenate the physiology. O/N at the resort.

Day 03 Palakkad - Kochi

After b/fast leave for Kochi. Reach Kochi, & transfer to the hotel for O/N stay.

Day 04 Kochi

After b/fast, visit Nagarjuna Ayurveda Resort. Afternoon, visit St. Francis Church. Evening, witness a Kathakali dance. It is a classical art form of Kerala. O/N at hotel.

Day 05 Kochi - Kottayam

After b/fast, drive to Kottayam. Reach Kottayam & transfer to the Ayurvedic resort. Relax and enjoy the facilities of the resort including yoga, massages, nature walks. Consultations with most experienced Ayurvedic professionals. O/N at resort.

Day 06 Kottayam - Trivandrum

After b/fast, drive to Trivandrum for flight to onward destination.