

# Kovalam Beach Relaxation: Sunsets & Ayurveda Wellness

Prepared by TourGrids



Destination  
**Kerala**



Duration  
**4 Nights 5 Days**



Starting from  
**Rs. 18,600 / person**

## ITINERARY ROUTE

📍 **Kovalam · 4N**

<https://tourgrids.com/packages/kerala/kerala-4-nights-5-days-package-143>

## Overview

a 4-night / 5-day Kerala Beach tour package designed for travellers seeking sun, sand and traditional Ayurvedic rejuvenation. Stay at a comfortable beachfront resort in Kovalam, enjoy daily Ayurvedic treatments, sunset views from the iconic Kovalam Lighthouse, and relaxed day trips to nearby cultural highlights in Thiruvananthapuram and Varkala. This package is ideal for those looking for a restful Kerala Beach package with wellness focus.

### Highlights:

- 4 nights at a beachfront resort in Kovalam
- Ayurvedic consultation + 2 authentic treatments (Abhyanga, Shirodhara or similar)
- Sunset at Kovalam Lighthouse and a private sunset boat cruise
- Day trips to Thiruvananthapuram (Padmanabhaswamy Temple, Napier Museum) and Varkala Cliff
- Daily breakfast, airport transfers, local guided sightseeing

Tip: Carry light cotton clothes, reef-safe sunscreen and a reusable water bottle. Ayurvedic treatments are customized after consultation – inform us of allergies or medical conditions in advance.

### ✓ What's Included

- ✓ 4 nights accommodation at a beachfront resort in Kovalam (standard/deluxe category as per selection)
- ✓ Daily buffet breakfast
- ✓ Arrival & departure private transfers (Thiruvananthapuram Airport "Kovalam")
- ✓ 1 Ayurvedic consultation + 2 authentic Ayurvedic treatments (as per consultation)
- ✓ 1 private sunset boat cruise
- ✓ Guided city tour of Thiruvananthapuram and transfer to Varkala for sunset visit
- ✓ All local taxes and service charges
- ✓ Complimentary WiFi at the resort
- ✓ \*Special: Option to upgrade to additional treatments or a 5-star property on request (charges apply)."

### ✗ Not Included

- ✗ International or domestic airfare to/from Thiruvananthapuram
- ✗ Meals other than breakfast (lunch/dinner) unless specified
- ✗ Entrance fees to monuments (unless mentioned)
- ✗ Personal expenses, tips, laundry, phone calls
- ✗ Travel insurance and medical expenses
- ✗ Optional activities not listed in inclusions (surf lessons, additional spa therapies)
- ✗ Any items or services not mentioned in 'Inclusions'
- ✗ Important: Ayurveda treatments require a prior medical disclosure. Guests with serious medical conditions should consult their physician before booking.

## Day-by-Day Itinerary

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Day

1

### **Arrival, Transfer to Kovalam & Sunset at the Lighthouse**

Arrive at Thiruvananthapuram (Trivandrum) International Airport and meet your private transfer. Drive 30–45 minutes to Kovalam and check-in at your beachfront resort. After settling in, enjoy a leisurely afternoon on Kovalam Beach. In the evening, visit the iconic Kovalam Lighthouse for panoramic views and a spectacular sunset. Attend a short Ayurvedic consultation at the resort to plan your personalized treatments for the stay.

Evening: Leisurely walk along the beach and dinner at the resort (optional seafood specialties).

Day

2

### **Ayurveda Wellness Day — Treatments & Yoga**

A full day dedicated to wellness. Begin with a gentle beach sunrise yoga session followed by a nutritious breakfast. After consultation, receive your first authentic Ayurvedic treatment (for example: full-body Abhyanga + steam). Spend the afternoon relaxing by the pool or on the beach. Evening free for a quiet stroll and sunset viewing.

Note: Treatments vary by guest's health profile and are administered by licensed Ayurvedic therapists.

Day

3

### **Kovalam Boat Cruise, Fishing Village Visit & Local Flavors**

Morning private boat cruise along the coastline for scenic views and local fishing life. Visit a nearby fishing village to see traditional methods and interact with locals. Return for a relaxed lunch. Afternoon at leisure — enjoy optional activities like surf lessons or a beachside massage.

Evening suggestion: Sample local Kerala cuisine (try the fish curry and appam) at a recommended coastal restaurant.

Day

4

### **Day Trip to Thiruvananthapuram & Varkala Cliff Sunset**

After breakfast, drive to Thiruvananthapuram for a guided city tour covering Sri Padmanabhaswamy Temple, Napier Museum, and the Kuthiramalika Palace (subject to timings and dress code). After exploring the cultural sites, proceed to Varkala (approx. 1–1.5 hour drive) to experience the dramatic Varkala Cliff and its cafes. Stay for the cliff-top sunset before returning to Kovalam.

Note: Temple entry may require modest attire; women may need to follow local dress restrictions.

Day

5

## Leisure Morning & Departure

Enjoy a relaxed final morning – early beach walk, optional short yoga or a final Ayurvedic head massage. Check out after breakfast and transfer to Thiruvananthapuram Airport for your onward flight. Departure assistance provided.

Tip: Confirm flight timing the night before and allow 2–3 hours for airport procedures.

## 🔗 Frequently Asked Questions

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### 🔗 What are the top tourist destinations in Kerala?

Kerala offers stunning tourist destinations like Munnar's tea plantations, Alleppey's backwaters, Kochi's vibrant culture, and Wayanad's lush hills. Don't miss the stunning beaches of Varkala and Kovalam, as well as the tranquil landscapes of Thekkady and Kumarakom. Each offers unique experiences for every traveler.

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### 🔗 What is the best time to visit Kerala?

The best time to visit Kerala is from October to March. During these months, the weather is pleasantly cool and dry, making it ideal for exploring the lush backwaters, hill stations, and vibrant culture. Remember to experience the festivals and local events that take place during this peak tourist season!

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### 🔗 How can I travel around Kerala?

Traveling around Kerala is easy thanks to its extensive transport options. You can use private taxis, auto-rickshaws, and public buses. For scenic routes, consider hiring a houseboat, especially in the backwaters of Alleppey. Trains and domestic flights connect major cities, making exploration seamless.

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### 🔗 What are the famous cuisines to try in Kerala?

Kerala is renowned for its delicious cuisine, featuring dishes like Sambar, Appam, and Puttu. Don't miss the spicy Kerala fish curry and the delectable dosa. For a unique experience, try traditional Sadya, a vegetarian feast served on a banana leaf, highlighting the region's rich flavors and diverse culinary traditions.

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## ❓ What activities can I enjoy in Kerala's backwaters?

In Kerala's backwaters, you can enjoy serene houseboat cruises, kayaking through lush mangroves, and bird watching. Experience local cuisine on board, visit traditional villages, and partake in unique cultural performances. Don't miss the opportunity for peaceful sunsets and picturesque landscapes!

## ❓ Is Kerala suitable for family vacations?

Yes, Kerala is ideal for family vacations! With its serene backwaters, lush hill stations, wildlife sanctuaries, and beautiful beaches, it offers a variety of activities for all ages. Families can enjoy houseboat rides, explore spice plantations, and visit cultural sites, making it a memorable destination.

## ❓ What are the important festivals celebrated in Kerala?

Kerala is home to vibrant festivals like Onam, celebrated with colorful festivities and the traditional feast; Vishu, marking the New Year with family gatherings; and Thrissur Pooram, showcasing grand temple processions and spectacular fireworks. These events reflect the rich culture and heritage, making Kerala a unique tourist destination.

## ★ Traveller Reviews



**Aditi Rao**

★★★★★ 5/5

### Everlasting Impressions of Kerala

From the stunning scenery to rich traditions, this tour made lasting impressions. I can't help but reminisce about the experiences. Highly recommend!



**Kunal Kaur**

★★★★★ 5/5

### A Well-Rounded Experience

This Kerala tour provided a perfect blend of relaxation and activities. We got to unwind in the backwaters and explore beautiful hill stations. A great balance!



**Vani Dubey**

★★★★★ 5/5

### Heavenly Kerala Escape

Kerala felt like heaven on earth! The combination of nature, culture, and warm hospitality made it a trip to remember. I left a piece of my heart there!



**Kiran Menon**

★★★★☆ 4/5

### An Immersive Eco-Tour

The eco-tour experience was unique and educational. We learned about sustainable practices while enjoying the nature-rich surroundings. Very well organized!



**Rajesh Iyer**

★★★★★ 5/5

### Charming Village Tours

Exploring local villages was a highlight. Interacting with locals and understanding their lifestyle was eye-opening. Very enriching experience!

## ⚡ Why Choose TourGrids?

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