

Kovalam Surf & Chill: Surf Lessons, Beach Yoga & Sunset Cruise

Prepared by TourGrids



Destination
Kerala



Duration
4 Nights 5 Days



Starting from
Rs. 14,800 / person

ITINERARY ROUTE

📍 **Kovalam · 4N**

<https://tourgrids.com/packages/kerala/kerala-4-nights-5-days-package-172>

Overview

Kovalam Surf & Chill: Surf Lessons, Beach Yoga & Sunset Cruise is a 4-night, 5-day Kerala tour package designed for beach lovers and active travelers. This Kerala Adventure package centers on Kovalam (Kerala) with daily surf lessons, restorative beach yoga, a scenic sunset cruise and a relaxing backwater excursion – perfect for travelers seeking a relaxed yet activity-packed coastal escape. Ideal for those searching for a Kerala tour package or a focused Kerala Adventure tour package that blends water sports, wellness and local culture.

✓ **What's Included**

- ✓ 4 nights accommodation in a beachfront hotel in Kovalam (double/twin sharing)
- ✓ Daily breakfast and 2 lunches (as per itinerary)
- ✓ 3 supervised surf lessons (theory + water practice) with certified instructors
- ✓ 2 beach yoga sessions (group)
- ✓ Kovalam sunset cruise with light snacks
- ✓ Day trip and backwater cruise at Poovar
- ✓ Airport/station transfers on arrival and departure (private)
- ✓ Local taxes and service charges
- ✓ Professional local guide for scheduled activities
- ✓ This package is ideal for anyone searching for a 4 and 5 Kerala Adventure tour package focused on surf, yoga and coastal relaxation.

✗ **Not Included**

- ✗ International or domestic flights to/from Kerala
- ✗ Travel insurance and personal expenses (tips, phone calls)
- ✗ Entry fees for optional cultural sites (e.g., temple donations)
- ✗ Optional spa treatments, Ayurvedic therapies or extended private lessons
- ✗ Meals and drinks not specified under inclusions
- ✗ Any additional transfers or activities not mentioned in the itinerary
- ✗ Important: A refundable security deposit may be required for surf equipment.

Day-by-Day Itinerary

Day

1

Arrival, Transfer to Kovalam & Beach Sunset Stroll

Arrive at Thiruvananthapuram (Trivandrum) Airport/Station and transfer (approx. 30–45 mins) to your beachfront hotel in Kovalam. Check in and freshen up. Spend the afternoon exploring Lighthouse Beach — stroll the shore, watch the fishermen and relax with a coconut water. In the evening, enjoy a guided walk to the Kovalam Lighthouse viewpoint for your first Kerala sunset.

Tip: Early arrivals can request a light lunch on arrival and attend the complimentary beach orientation.

Day

2

Morning Beach Yoga & Introductory Surf Lessons

Start the day with an energizing Beach Yoga session on Hawa Beach, led by a certified instructor — perfect for improving balance and breath control before hitting the waves. After a healthy seaside breakfast, join a supervised beginner surf lesson: on-land theory (board safety, paddling, pop-up technique) followed by in-water coaching at a gentle break. Lunch at a beachfront café. Free time in the late afternoon to practice or relax.

Important: All surf sessions are guided by certified instructors; life vests and safety briefings included.

Day

3

Progressive Surf Session & Sunset Cruise

After breakfast, take a progressive surf session focused on standing up, wave selection and paddling endurance. Midday is free for optional activities: Ayurvedic foot massage or local handicraft shopping. In late afternoon, board a traditional boat for a sunset cruise along the coastline — enjoy views of the lighthouse, shorelines and a spectacular tropical sunset with light snacks. Return to hotel for dinner and optional beach bonfire (seasonal).

Note: Sunset cruise timing varies with season; best experienced on clear evenings.

Day

4

Poovar Backwater Cruise & Coastal Village Visit

Day trip to Poovar (approx. 40–60 mins), a scenic estuary where the Neyyar River meets the Arabian Sea. Enjoy a backwater boat cruise through mangroves, watch local birdlife and visit a coastal fishing village to learn about traditional livelihoods. Return to Kovalam in the late afternoon for a relaxing evening – choose an optional short surf refresher or an Ayurvedic head massage.

Travel tip: Carry sunscreen, a hat and a light waterproof jacket during monsoon months.

Day

5

Leisure Morning, Check-out & Departure

Enjoy a relaxed final morning: a gentle sunrise walk on Lighthouse Beach, optional short yoga session or solo surf practice (subject to tide). After breakfast, check out and transfer to Thiruvananthapuram Airport/Station for your onward journey. If time allows, visit the nearby Padmanabhaswamy Temple or the local craft market.

Note: Standard check-out times apply; request late check-out if your departure is in the evening (subject to availability).

? Frequently Asked Questions

? 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.

? 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!

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.

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.

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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