

# Goa Wellness 5N: Detox, Yoga & Beach Walks

Prepared by TourGrids



Destination  
**Goa**



Duration  
**5 Nights 6 Days**



Starting from  
**Rs. 23,400 / person**

## ITINERARY ROUTE

↗ **Candolim · 3N**

↗ **Palolem · 2N**

<https://tourgrids.com/packages/goa/goa-5-nights-6-days-package-715>

## 📌 Overview

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A rejuvenating 5 nights / 6 days Goa tour package designed for relaxation, gentle detox, daily yoga, and long restorative beach walks. This Goa Beach tour package blends Ayurvedic therapies, guided pranayama, healthy gourmet meals, and peaceful shoreline strolls across North and South Goa. Ideal for travelers seeking a mindful escape, improved well-being, and the restorative rhythm of the sea.

### Highlights:

- Daily sunrise Yoga sessions and guided beach meditation on pristine sands
- Ayurvedic detox & consultation with personalized treatments
- Long guided beach walks at Candolim, Baga, Palolem and Agonda
- Fort Aguada sunrise visit and gentle coastal hikes
- Healthy, chef-curated detox meals & fresh juices
- Option for massage, yoga nidra, and meditation classes

Perfect for: wellness seekers, couples, solo travelers, and small groups looking for a restorative Goa Beach package with a focus on detox and mindfulness.

### ✓ What's Included

- ✓ Accommodation for 5 nights as per itinerary (3 nights in Candolim, 2 nights in Palolem)
- ✓ Daily sunrise & evening yoga sessions
- ✓ Personalized Ayurvedic consultation and 2–3 signature treatments
- ✓ Detox-friendly meals: Breakfast, lunch, and dinner as listed
- ✓ Guided beach walks and mindful movement sessions
- ✓ Transfers: Airport pick-up and drop-off, and inter-location transfer (Candolim → Palolem)
- ✓ Welcome detox drink, fresh juices, and herbal teas
- ✓ Access to resort facilities: pool, meditation hall, and group classes
- ✓ Local taxes and service charges

### ✗ Not Included

- ✗ Flights or train tickets to/from Goa
- ✗ Travel insurance
- ✗ Optional excursions and paid activities (dolphin tours, horseback riding, private sailing)
- ✗ Alcoholic beverages and items of a personal nature
- ✗ Tips/gratuities for guides and therapists
- ✗ Any treatment upgrades beyond the included Ayurvedic sessions
- ✗ Note: Package can be customized for dietary preferences, pregnancy, or special medical needs — please inform at booking.

## Day-by-Day Itinerary

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Day

1

### **Arrival, Settling In & Gentle Evening Beach Walk**

Arrive at Goa (Dabolim/Goa Airport) and transfer to your wellness resort in Candolim. Welcome drink: a refreshing detox tonic. Check-in and relax. Afternoon orientation with the wellness team and an introductory Ayurveda consultation to tailor detox treatments. Evening: a guided gentle beach walk along Candolim Beach followed by a light, nutrient-dense dinner.

Meals included: Dinner (Detox-friendly)

Day

2

### **Sunrise Yoga, Detox Program & Coastal Exploration**

Start with a guided sunrise Hatha/Vinyasa yoga session on the sand, followed by a detox juice and a light, wholesome breakfast. Mid-morning: a tailored Ayurvedic treatment (abhyanga massage or steam) and a wellness consultation. Afternoon: gentle restorative yoga and mindful breathing (pranayama). Evening stroll to Sinquerim / Fort Aguada for sunset views.

Tip: Wear comfortable clothing and bring a hat/sunscreen for coastal walks.

Meals included: Breakfast, Lunch, Dinner (All detox-friendly)

Day

3

### **Mindful Movement, Beach Walk & Local Leisure**

Begin with a yoga nidra / guided meditation session to deepen relaxation. Morning walking therapy along Baga & Calangute shoreline—focus on mindful steps and breathwork. Midday: educational mini-session on nutrition and detox recipes with the resort chef. Free time in the late afternoon for a light walk through the local markets (optional). Evening: group sound bath or restorative yoga.

Optional add-on: sunset horseback riding on the beach (subject to availability).

Day

4

### **Transfer to South Goa & Sunset Beach Walk**

After morning yoga and a light breakfast, check out and transfer south to Palolem (approx. 2.5–3 hours). En route, stop for a scenic coastal viewpoint and a short walk. Check into your beachside eco-resort in Palolem. Afternoon guided beach walk along Palolem Bay, gentle stretching session, and an introduction to silent walking meditation.

Meals included: Breakfast, Dinner (Detox & local coastal cuisine options)

Day

5

## **Ayurveda Treatments, Meditation & Kayak or Nature Walk**

Morning: sunrise yoga on Palolem Beach followed by a signature Ayurvedic therapy (shirodhara or herbal poultice) and a detox lunch. Mid-afternoon: optional activities – kayak through the gentle bay, guided nature walk to Agonda, or free time for restorative reading and naps. Evening: guided full moon / stargazing beach walk if dates align.

Note: Treatments are customized; inform the wellness team of any allergies or health conditions.

Meals included: Breakfast, Lunch, Dinner

Day

6

## **Final Morning Yoga, Brunch & Departure**

Enjoy a final gentle yoga and breathing session followed by a nourishing detox brunch. Short closing consultation with wellness staff to receive aftercare tips, personalized detox plan, and recommended at-home practices. Check-out and transfer to Goa Airport or next destination.

Meals included: Breakfast, Brunch

## **🔗 Frequently Asked Questions**

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### **🔗 When is the best time to visit Goa and what's the weather like?**

The best time to visit Goa is October to March (prime season) when the weather is dry with pleasant days (20–32°C) and cool nights. This period offers calm seas perfect for swimming, open beach shacks, vibrant nightlife, and ideal conditions for water sports. Summer (March–May) is hot but manageable with temperatures reaching 36°C, offering good deals and fewer crowds. Monsoon season (June–September) brings heavy rains and rough seas, with many beach activities suspended, but it's perfect for experiencing lush landscapes, waterfalls, and romantic ambiance at discounted rates. Christmas–New Year is peak season with highest prices and crowds.

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## ❓ **How do I reach Goa and what are the transportation options?**

Goa has two airports: Manohar International Airport (GOX) in North Goa near Mopa, and Dabolim Airport (GOI) for Central/South Goa access. Both receive direct flights from major Indian cities and seasonal international connections. By train, major stations include Madgaon, Thivim, Karmali, and Vasco da Gama, connected via the scenic Konkan Railway. By road, NH 66 coastal highway and NH 48 via Western Ghats connect Goa to Mumbai, Pune, and Bengaluru. Overnight buses operate frequently from these cities. The journey from Mumbai takes 8-10 hours by road, while flights take 1.5 hours.

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## ❓ **Do I need a visa to visit Goa as a tourist?**

Goa is part of India, so visa requirements depend on your nationality. Indian citizens need only valid government-issued photo ID. Foreign tourists require appropriate Indian visas - tourist visa, e-visa, or visa-on-arrival (for eligible countries). E-visas are convenient and can be obtained online for most nationalities, valid for 30-365 days depending on type. Processing typically takes 2-4 business days. Ensure your passport has at least 6 months validity and blank pages. Some nationalities like Bhutan and Nepal citizens don't need visas but require valid identification. Check the latest visa requirements on the official Indian visa website before traveling.

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## ❓ **What are the best local transportation options in Goa?**

Goa offers diverse transportation options. Rental scooters/motorbikes are most popular for flexibility - carry your original license and wear helmets (mandatory). Motorcycle taxis called 'pilots' are unique to Goa, perfect for solo travelers. Regular taxis and app-based services like GoaMiles operate throughout. Kadamba state buses and private buses connect major towns and beaches affordably. River ferries to islands like Divar and Chorao are scenic and frequent. Auto-rickshaws exist but are limited in some areas. For comfort, rent a car with driver. Always negotiate fares beforehand for taxis and pilots, or use metered/app-based services.

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## ❓ **Where should I stay in Goa and what accommodation options are available?**

North Goa (Calangute, Candolim, Anjuna, Vagator) offers vibrant nightlife, water sports, and party atmosphere with beach shacks, budget guesthouses to luxury resorts. South Goa (Colva, Benaulim, Palolem, Agonda) provides quieter, family-friendly vibes with wider beaches and upscale resorts. Panaji offers heritage charm and cultural experiences. Accommodation ranges from budget hostels (₹500-1500/night), mid-range hotels and beach resorts (₹2000-8000/night), to luxury properties like Taj, W Goa, and Alila Diwa (₹15000+/night). Beach huts and homestays offer authentic experiences. Book well in advance for December-January. Consider proximity to beaches, nightlife preferences, and transportation when choosing location.

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## 🔍 What are the must-visit attractions and places in Goa?

Essential Goa experiences include UNESCO-listed Old Goa churches (Basilica of Bom Jesus, Se Cathedral), colorful Fontainhas Latin Quarter in Panaji, and Fort Aguada for sunset views. North Goa highlights are Chapora Fort, Anjuna's Wednesday flea market, and Calangute-Baga beach strip. Don't miss Dudhsagar Falls (spectacular four-tier waterfall), spice plantations in Ponda, and peaceful Divar Island accessible by ferry. South Goa offers pristine beaches like Palolem and Agonda, plus hidden gems like Cola Beach's blue lagoon. Take sunset cruises on Mandovi River, explore Salim Ali Bird Sanctuary, and visit off-beat Tambdi Surla Temple. Each region offers distinct experiences from heritage to nature to beaches.

## 🔍 What local food and cuisine should I try in Goa?

Goan cuisine blends Portuguese and Konkani influences. Must-try dishes include Goan Fish Curry with rice, Pork Vindaloo, Chicken Cafreal (green masala), and Chicken Xacuti (coconut-spice curry). Seafood specialties are rava-fried fish, Prawn Balchão, and fresh catch at beach shacks. Try local breads like poi and pão, and end meals with bebinca (layered dessert) or dodol. Drink feni (cashew or coconut spirit) - Goa's signature alcohol, or seasonal urrak. Visit Vinayak Family Restaurant, Kokni Kanteen, or Martin's Corner for authentic experiences. Beach shacks serve fresh seafood with sea views. Vegetarians can enjoy sol kadhi, Goan dal, and coconut-based curries. Always try the local fish thali for a complete experience.

## ★ Traveller Reviews



**Aditi Sharma**

★★★★★ 5/5

### Amazing Experience in Goa!

We had a fantastic time exploring Goa with this tour package. The beaches were beautiful, and the itinerary was well-planned. Highly recommend!



**Rahul Desai**

★★★★★ 5/5

### Romantic Escape

We had the most romantic getaway in Goa. Sunset cruises and candlelight dinners made it memorable.



**Karan Singh**

★★★★★ 5/5

### Relaxing Beach Getaway

The beach resorts were luxurious, and the food was a delight. Perfect retreat for those looking to unwind. Would book again!



**Raghav Khanna**

★★★★★ 5/5

### Adventurous Couples Retreat

A wonderful package for couples looking to engage in fun activities together. We made amazing memories!



**Ashwin Varma**

★★★★☆ 4/5

### An Unforgettable Journey

Goa was stunning, and this tour enhanced our experience. From the scenic views to local interactions, it was unforgettable.

## ⚡ Why Choose TourGrids?

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