



The backwaters of Kumarakom

HAND-CRAFTED AROUND YOU

Kerala: Time for Yourself

Backwaters, gentle discovery and an eight-night Ayurveda retreat

14 DAYS / 13 NIGHTS

Recommended travel window

January-February and November-December 2027

Private dates and personalised quotation on request.

A JOURNEY WITH TIME TO ENJOY IT

The experience

A worthwhile wellness holiday needs time, continuity and room to do less. Begin with the heritage streets of Kochi and a relaxed stay beside Kerala's backwaters, then spend eight nights at The Nattika Beach Ayurveda Resort. The retreat's practitioners assess your needs and shape an appropriate programme, supported by quiet time, suitable meals and gentle yoga where recommended. The touring is placed before the retreat so treatment days are not interrupted by long excursions. Return to Kochi for a final overnight before flying home. This is a thoughtfully paced introduction to Ayurveda and restorative travel, with no promised medical outcome.

What makes this journey special

- A gentle introduction to historic Fort Kochi
- Two nights beside the Kumarakom backwaters
- A private daytime houseboat cruise
- Eight nights at The Nattika Beach Ayurveda Resort
- Practitioner-led planning and suitable yoga sessions
- A final Kochi night before the international flight

Best time to travel. January-February is the preferred weather window for combining the retreat with backwater cruising and easy coastal exploration. November-December is also suitable.

Designed for. Adults, couples, solo travellers and friends seeking a restful holiday

Pace and activity. Gentle; short walks and an individually assessed wellness programme.

Your private start date is chosen within the recommended season. The exact hotel list, room categories and final package are provided in your personal quotation.

THE JOURNEY AT A GLANCE

14 days, thoughtfully arranged

DAY	EXPERIENCE	OVERNIGHT
01	Arrive in Kochi	Kochi
02	A gentle day in Fort Kochi	Kochi
03	Kochi to the backwaters	Kumarakom
04	A private day on the water	Kumarakom
05	Begin your Nattika retreat	Nattika
06	Settle into a quieter rhythm	Nattika
07	Gentle practice and time to rest	Nattika
08	A full day without travelling	Nattika
09	Review and continue	Nattika
10	Make room for a slower day	Nattika
11	Continue your personal programme	Nattika
12	The final full retreat day	Nattika
13	Return to Kochi	Kochi
14	Depart Kochi	Journey ends

Road distances and travel times in the programme are approximate, excluding major visits. Flight and rail timings are confirmed for your selected dates.



Days 01-02 | Chinese fishing nets, Fort Kochi

DAY 01

Arrive in Kochi

Meet your Midasia representative and transfer privately to your hotel. Rest after the flight and begin the holiday without a full programme of visits. An early arrival allows a short waterfront walk or a quiet introduction to the neighbourhood. Over dinner, your guide explains how the sightseeing and retreat portions have been arranged, with practical travel placed first so your later days at Nattika can remain focused and restful.

Travel: Private airport transfer; approximately 1-1.5 hours to Fort Kochi.

Meals: Dinner | **Overnight:** Kochi

DAY 02

A gentle day in Fort Kochi

Explore selected streets of Fort Kochi and Mattancherry with a local guide. Visit a small number of historic sites, such as St Francis Church, the Dutch Palace museum or the synagogue when open, and learn about the city's trading connections. Pause near the waterfront fishing nets and leave time for questions and comfortable breaks. The day is deliberately modest in scope, allowing you to recover from the journey while enjoying a meaningful introduction to Kerala.

Travel: Short guided walks and private local transfers.

Meals: Breakfast, lunch and dinner | **Overnight:** Kochi



Days 03-04 | The backwaters of Kumarakom

DAY 03

Kochi to the backwaters

Travel to Kumarakom and settle into your lakeside resort. Spend the afternoon enjoying the gardens, water views and a slower pace. A short guided village walk can be arranged if you wish, with the emphasis on observing daily life rather than covering a long route. There is no fixed programme of spa treatments during this stay; the dedicated wellness work begins later at Nattika. Enjoy the simple pleasure of having time available.

Travel: Approximately 55-70 km; 1.5-2.5 hours driving.

Meals: Breakfast, lunch and dinner | **Overnight:** Kumarakom

DAY 04

A private day on the water

Board a licensed private houseboat for a leisurely cruise through an operating section of the backwaters. Watch village homes, palms and small working boats pass by, with your guide explaining how the waterways shape daily life. An included lunch is served on board, and a short local stop can be made where suitable. Return to the resort for the evening, keeping a comfortable shore-based room and an unhurried end to the day.

Travel: Private daytime houseboat cruise, generally 4-5 hours.

Meals: Breakfast, lunch and dinner | **Overnight:** Kumarakom

YOUR DAY-BY-DAY EXPERIENCE

Time to enjoy the journey

DAY 05

Begin your Nattika retreat

Travel to The Nattika Beach Ayurveda Resort for an eight-night stay. Check in, settle into your room and meet the retreat team for the assessments and consultations included in your programme. Share relevant health information directly with the practitioners so they can determine suitable activities and treatments. The arrival day is kept free from touring. Your schedule, dietary arrangements and any recommended yoga are set by the retreat rather than prescribed by a general travel itinerary.

Travel: Approximately 140-160 km; 4-5 hours driving.

Meals: Breakfast, lunch and dinner | **Overnight:** Nattika

DAY 06

Settle into a quieter rhythm

Follow the personal programme agreed with the retreat team, leaving time between any scheduled sessions for rest. Take a gentle walk in the grounds or along an appropriate stretch of beach if recommended for you. The aim today is to become comfortable with the routine, accommodation and pace. Meals follow the retreat's arrangements, and questions about treatments or physical activity should be discussed with the practitioners who are responsible for your care.

Travel: Stay at the retreat; activities set by its practitioners.

Meals: Breakfast, lunch and dinner | **Overnight:** Nattika

DAY 07

Gentle practice and time to rest

Continue the assessed wellness programme and attend a suitable yoga or relaxation session if it forms part of your plan. There is no requirement to fill the day with activities. Reading, quiet conversation and rest can be as much a part of the holiday as the scheduled sessions. Your Midasia team remains available for travel-related support while the retreat practitioners manage the wellness component and make any adjustments they consider appropriate.

Travel: Retreat day; no transfers or external excursions.

Meals: Breakfast, lunch and dinner | **Overnight:** Nattika

YOUR DAY-BY-DAY EXPERIENCE

Time to enjoy the journey

DAY 08

A full day without travelling

Enjoy another uninterrupted day at Nattika, with your scheduled programme and plenty of space around it. Begin gently, attend the sessions arranged for you and leave time to rest in the gardens or read in a quiet place. A longer stay allows the days to feel less hurried: there is no packing, hotel change or sightseeing checklist. The retreat team remains available for questions, while your Midasia coordinator takes care of the practical arrangements beyond the resort.

Travel: Retreat day with a personalised schedule.

Meals: Breakfast, lunch and dinner | **Overnight:** Nattika

DAY 09

Review and continue

Continue the retreat routine and use any scheduled review with the practitioners to discuss your experience and the remaining days. The programme may be adjusted by them according to your individual needs; a travel brochure cannot determine the right treatment sequence. Enjoy the grounds and the coastal setting between appointments, with time for quiet rest. Your meals and daily schedule remain within the package confirmed by the resort.

Travel: Stay at the retreat; review appointments as arranged.

Meals: Breakfast, lunch and dinner | **Overnight:** Nattika

DAY 10

Make room for a slower day

Follow the day's agreed programme and keep the remaining hours unhurried. A short walk, quiet time in the gardens or a good book can provide a welcome change from everyday routines. Attend suitable yoga or relaxation sessions where they form part of your plan, then enjoy the rest of the day at your own pace. This stretch of the holiday is intentionally free of outside excursions, giving the retreat the continuity that a brief spa stop cannot offer.

Travel: Retreat day; no compulsory touring.

Meals: Breakfast, lunch and dinner | **Overnight:** Nattika

YOUR DAY-BY-DAY EXPERIENCE

Time to enjoy the journey

DAY 11

Continue your personal programme

Spend another full day at Nattika, with time for your scheduled sessions and comfortable rest between them. You may wish to keep a few notes on the routines you have enjoyed or prepare questions for the concluding consultation. Gentle activity follows the programme agreed for you, while the coastal setting offers a pleasant backdrop to a quiet day. Your Midasia team reconfirms the onward arrangements in advance so you can continue enjoying the stay without interruption.

Travel: Retreat day with practitioner-directed activities.

Meals: Breakfast, lunch and dinner | **Overnight:** Nattika

DAY 12

The final full retreat day

Enjoy your final full day at the resort and complete any concluding consultations included in your programme. Discuss follow-up questions directly with the practitioners and collect the documents or recommendations they provide. The afternoon remains quiet, with no external excursion added simply to fill time. Your Midasia representative reconfirms tomorrow's transfer and the final Kochi hotel arrangements, allowing you to finish the retreat without attending to travel logistics.

Travel: Retreat day; concluding consultation as scheduled.

Meals: Breakfast, lunch and dinner | **Overnight:** Nattika

DAY 13

Return to Kochi

After the retreat's checkout arrangements are complete, travel privately to Kochi for the final night. The afternoon is reserved for rest, with a short gentle outing available only if you would enjoy it. Keeping an overnight in the departure city separates the retreat from the international flight and makes the final stage straightforward. Dinner follows the dietary preferences and guidance you choose to continue, with the arrangements discussed before leaving Nattika.

Travel: Approximately 75-90 km; 2-3 hours driving.

Meals: Breakfast, lunch and dinner | **Overnight:** Kochi

YOUR DAY-BY-DAY EXPERIENCE

Time to enjoy the journey

DAY 14

Depart Kochi

Enjoy breakfast and a relaxed departure according to your flight schedule. Your driver and representative assist with the transfer to Kochi airport. The fourteen-day journey ends after a balance of cultural discovery, quiet backwater time and eight uninterrupted nights at a dedicated retreat. Any future wellness stay can be planned around the recommendations of the appropriate practitioners and the amount of time you wish to devote to it.

Travel: Private airport transfer timed to your flight.

Meals: Breakfast | **Journey concludes today**

Make the journey yours

Share your preferred dates, who will be travelling and the experiences you most want to enjoy. Midasia Routes will prepare the accommodation choices and a personal quotation for your party, with the final arrangements brought together in one clear programme.

Begin planning with Sumit

PRIVATE TRAVEL WITH MIDASIA ROUTES

The details, taken care of

Your accommodation. 13 nights in individually selected accommodation. Luxury city hotels, heritage stays and suitable resorts or lodges are chosen to match the route. Exact properties and room categories are confirmed in your quotation.

Arrival and transport. Airport meet-and-greet after customs, baggage assistance, private transfers, a suitable air-conditioned touring vehicle and driver, fuel, parking and road tolls. Domestic flights and reserved air-conditioned train journeys described in this programme are included.

Guiding and visits. English-speaking local specialist guides, the scheduled visits, entrance fees and activities described. Your private travelling party is guided at an agreed pace; park excursions and resort activities follow their operating arrangements.

Meals and practical support. All meals shown each day, drinking water and standard tea or coffee. Vegetarian and other dietary preferences are arranged in advance. Standard tourist-visa application support and government fees for eligible travellers, applicable local taxes, and customary local-guide and driver gratuities are included.

Your journey extras. Eight retreat nights, the assessed standard rejuvenation package confirmed by Nattika, its included consultations and suitable scheduled yoga are included in the quotation, together with the private backwater cruise and listed transfers. Optional private sessions or medicines outside the agreed package are quoted separately.

Personal coordination. Pre-travel planning, a detailed arrival briefing and Midasia Routes support throughout your journey. Prices are quoted privately for your dates, room requirements and travelling party.

Not included

International flights; travel and medical insurance; personal shopping and laundry; premium or alcoholic drinks; and optional activities, treatments or extra nights outside the agreed programme.

Let us plan your India journey

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A FEW USEFUL DETAILS

Planning your journey

The named retreat requires at least seven nights for its rejuvenation package and does not accept children under twelve; this version is designed for adults. The eight-night stay is not a Panchakarma programme. Treatments, yoga and diet are agreed with the practitioners, with no medical result guaranteed.

Visa issue is subject to government approval and traveller eligibility. The programme is personalised when your dates are agreed; no hotel, flight or departure is held by this brochure. Travel windows describe typical seasonal conditions, rather than a weather forecast.

Nattika - retreat arrangements | Planning checked 9 September 2026.

Photography

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