

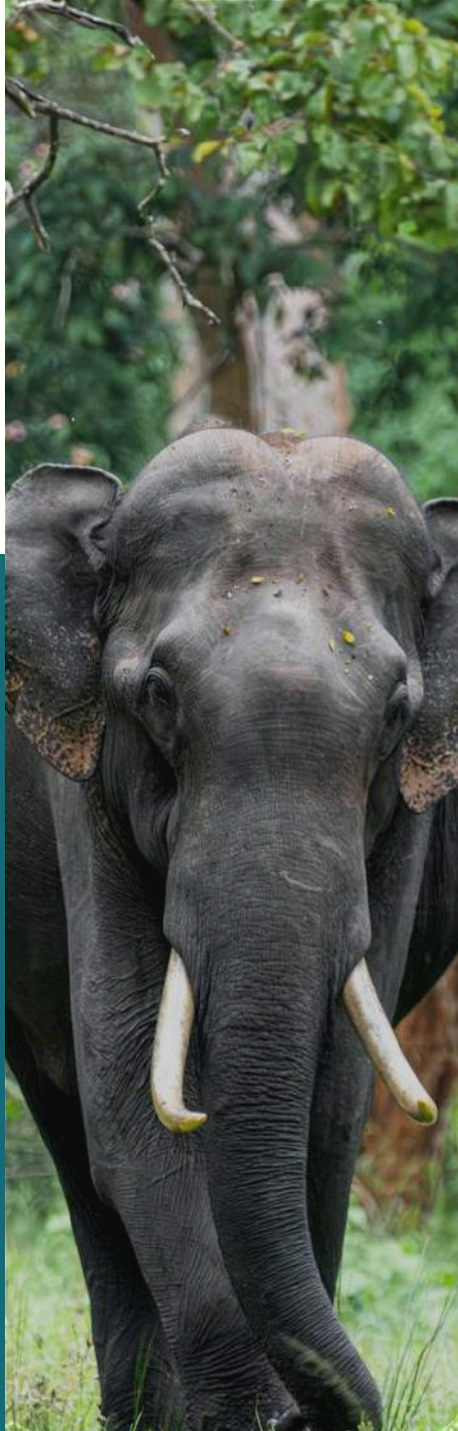
Karnataka Itinerary



Feb 16 – Mar 2, 2026

The Spirit of Karnataka

A Journey Through Palaces, Forests & Healing Shores



15 Intimate Days Journey

lakshmitrails.com



The Sacred Invitation to Karnataka

In a world of hurried travel and commodified wellness, **The Spirit of Karnataka** offers **something rare**. This is a transformative passage through royal cities, misty mountains, and sacred shores. Guided by wisdom keepers, temple priests, and Ayurvedic masters, you'll experience a region where heritage and spirituality breathe in every step.

Heritage Luxury Redefined

Transformation comes through authentic cultural immersion, not material amenities. Explore royal palaces, temple traditions, and wild safaris.



Safe Passage to the Sacred

Every detail is meticulously curated with vetted guides, comfortable transport, and 24/7 support for seamless peace of mind.

Intimate Community

Travel with no more than 16 kindred spirits in a welcoming, inclusive environment ideal for solo and LGBTQ+ travelers.



Expert-Led Presence

Begin each day with yoga and meditation, receive Ayurvedic consultations, and engage in immersive cultural workshops led by masters.

The Sacred Unfolding

Our Path Through Karnataka's Sacred Heart

I Royal Heritage & Wild Encounters

Mysore & Nagarhole: Where Grandeur Meets the Untamed

Begin your journey where sultans and kings once walked, in Mysore's royal courts and palaces. From there, venture deep into the untamed and wild forests of Nagarhole.

- Greet the morning with a bird symphony, watching kingfishers and herons awaken.
- Receive a sacred river blessing, adorned with sandalwood paste and jasmine garlands.
- Hear palace secrets in a private storytelling session with heritage guides.
- Climb to the sacred heights of Chamundeshwari Temple at sunrise.
- Embark on a dawn safari, tracking wild elephants, leopards, and tigers.



II Sacred Earth & Ancient Wisdom

Coorg & Karkala: Tribal Teachings & Timeless Peace

Ascend into the lush Western Ghats, where mist-laced coffee estates guard ancient traditions, and Jain temples rise from the living stone, whispering of peace.

- Take part in a forest arrival ritual, blessing your journey at a mountain stream.
- Share stories and flavors during a coffee plantation visit with Kodava families.
- Explore a sacred grove with tribal elders, learning medicinal plant lore.
- Spice Garden Learning with traditional cultivation methods
- Discover traditional cultivation during a hands-on spice garden tour.



III Coastal Healing & Integration

Udupi Shores & Bangalore: Ayurvedic Restoration

Complete your transformation along Karnataka's healing coast, where Ayurvedic masters, sapphire waters, and sacred shores restore body and spirit.

- Receive a personal Ayurvedic constitution reading with master healers.
- Learn to create healing meals from ancient recipes in a sacred cooking workshop.
- Sail to mystical St. Mary's Island, where sculpted basalt formations rise from the sea.
- Offer prayers in a gratitude mandala ceremony of flowers, spices, and intentions.
- Depart with living wisdom teachings, carrying transformation home.



Invest in Your Transformation

Journey Dates

**Feb 16 – Mar 2
2026**

Journey Investment

\$2,799 USD

*excluding flights

Group Size

Maximum 16



Curated Accommodation

Heritage hotels, eco-lodges, and wellness retreats personally selected for comfort and cultural authenticity



Seamless Transportation

Private air-conditioned vehicles and comfortable train journeys with professional drivers



Nourishing Cuisine

Daily breakfast, most meals including special feasts and home-hosted dining experiences



Guided Experiences

Safaris, palace tours, temple ceremonies, cultural workshops, and village immersions with local guides



Daily Wellness

Morning yoga and meditation sessions, Ayurvedic consultation, and introductory healing treatments



Sacred Gifts

Curated wellness kit and meaningful farewell ceremony with handcrafted remembrances

Ready to Begin Your Sacred Journey?

Let's explore if this transformational path calls to you. Share your intentions and discover how this journey might serve your highest good.

Reach out with any questions or to reserve your spot

Piotr Zadecki | Founder & Lead Guide

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