

## Sri Lankan Wellness

20 nights / 21 days

Renewing Energy & Vitality with Sri Lankan Hospitality

### Day 01: Air Port to Negambo

Arrival at Bandaranayake International Air Port and transfer to Hotel in Negambo  
Dinner & **Overnight stay at Jetwing Ayurveda Pavilion** or similar hotel.

### Day 02: Negombo / Sigiriya / Habarana

After breakfast leave for Dambulla for two nights and visit **UNESCO World Heritage Site Sigiriya**; the lion rock, a rock **fortress-cum royal palace complex** of 5th c AD, was created by king Kashyapa who committed patricide made the rock his hideout in order to stay away from his half-brother who sought vengeance. This king not only fortified his stronghold but also added to it artistic beauty with **water gardens, pavilions, courtyards, summer houses etc.....** About two hours can happily be spent walking through its **water gardens**, and then up the steep steps - either hewn out of the rock or on circular iron staircases - past **the frescoes**. You will be in no rush to abandon the spectacular views at the summit.  
Dinner & Overnight stay at **Cinnamon Lodge in Habarana** or similar hotel.

### Day 03: Habarana / Polonnaruwa / Habarana

After breakfast leave for Polonnaruwa and **visit Polonnaruwa ruined city- UNESCO World Heritage site**, the second kingdom of Ancient Sinhalese, became Sri Lanka's royal medieval capital in 10th c AD and remained the capital until the late 13th century. Today, the ancient city's ruins remain in remarkably good nick; **huge Palaces, Monastic complexes, Giant Stupas, Hospitals, Image Houses etc...** The most impressive are the ancient sculptures of the Buddha at the **Gal Vihara** cut into Granite stone dating back to the middle of the 12th century.  
Dinner & Overnight stay at **Cinnamon Lodge in Habarana** or similar hotel.

### Day 04: Habarana / Dambulla / Kandy

After breakfast leave for Kandy for two nights. En route visit **Cave Temple at Dambulla- UNESCO World Heritage site** where large number of Buddha statues housed in 5 caves, including a 14 meter long, colossal figure of the recumbent Buddha carved out of the rock, The caves' rock ceiling covered in one large sweep of colorful frescoes. It is the **best place to see the classical** Buddhist paintings & murals of the island. Next visit an **Ayurvedic herbal & Spice garden** at Matale, where spices & herbs used for Sri Lankan cuisine and medication are grown.  
Evening see **the Cultural Show in Kandy**. Kandy- **UNESCO World Heritage Site**, the capital of hill country, was the last seat of Sinhalese kings who ceded power to the British in 1815 after many battles with the western colonial forces, still remains much of its old world charm and traditions of the Sri Lankan life style, **At the Cultural Show**, can enjoy the Dancers & Drums of Traditional Artists with their magical Fire walking.  
Dinner & over night **stay at Cinnamon Citadel in Kandy** or similar hotel.

## Day 05: Kandy

After breakfast **visit the sacred tooth relic temple of the Buddha**. The temple, the most venerated place of Buddhist of Sri Lanka, was built in the 14th Century A.D. solely for the purpose of housing the tooth relic which was brought to the island in 4th c AD. The temple has decorative walls, a golden roof and fine woodwork. Religious services (pooja) with traditional music and drumming are held daily at dawn, mid-day and in the evening where guests can participate.

Afterward **sightseeing in Kandy city**; including **Upper Lake Drive, picturesque premises of the University of Peradeniya, and** Observe the **glorious Architecture of that period**. Visiting **Art & Craft Centers, Gem Lapidary** to see the rich skills of Kandian Traditional Craftsmen & Artists. And afterward visit **Royal Botanical Gardens at Peradeniya** ; the **Botanical Gardens at Peradeniya** used to be the pleasure garden of a Kandyan King of the 16th Century and later made in to a Botanical Garden during the British regime. This gardens; one of the best in Asia is a place of beauty and site for bird watchers.

Dinner & over night stay in **Cinnamon Citadel in Kandy** or similar hotel.

## Day 06: Kandy

After breakfast leave for Wadduwa and en-route **visit a Tea Factory**.

Evening check-in to **Siddhalepa Ayurveda Health Resort**.

**Siddhalepa Ayurveda Health Resort** is a wellness retreat on Sri Lanka's west-coast resort of **Wadduwa** and offers an ideal setting for those wanting to distress, detox and rejuvenate within a nurturing environment that promotes Ayurvedic wellness, yoga and guided meditation.

## Day 07 - Day 20: Wellness Program at The Resort

Here you will spend the **next two** weeks at the resort, immersing in holistic wellness where the balance of mind and body is achieved through ancient philosophies of **Ayurveda, Yoga and meditation**. Surrender to this world of tranquility and healing.

### **The Package:** Rejuvenation & Regeneration

Here the Cells and Tissues of your body refreshed and rejuvenated in order to be in perfect balance between the Body, Mind & Soul.

**The Program:** Your day **begins with a Yoga Session** to ease your mind & soul. Your daily treatments will last for about **2 hours for a period** of 14 days. Which includes, **Shiridhara, A synchronized body massages** by 2 therapists, **Oral medicine** and many more treatments will be conducted, to create a perfect balance between Body, Mind & Soul.

Your evenings will be colored with entertainment in the evenings (Thrice a week) with, Cultural Shows, Oriental Music or Flute Music...

While your stay the resort, If you wish, you can visit nearby **Buddhist temples** including the ancient **Kande Viharaya** and the **Kalutara temple**. Take a **boat ride** along the tranquil **Madu River** past quaint rural villages and en route, visit the **local markets, shops, and village temples**. Experience Ambalangoda's cultural heritage with a visit to the **Ariyapala Mask Museum** where intricate masks used in various southern traditional dance forms are on display. Masked dancing is also performed here regularly. We recommend a visit to the **magnificent Lunuganga** - the garden retreat of Sri Lanka's architecture guru, the late Geoffrey Bawa. Visit **Galle's 17C Dutch Fort** - a UNESCO-protected World Heritage site. Explore the Fort's maze of narrow streets lined with Dutch and British colonial era buildings which are still in use, sturdy ramparts looking out to sea, the lighthouse, and a growing collection of museums, art galleries, shops, and cafes. And don't miss **sea turtles** at the Kosgoda

## Day 21: Departure – Wadduwa to Airport

### END OF PROGRAM

#### OUR SERVICES INCLUDE THE FOLLOWING:

- Transportation in an A/C Vehicle
- Car - 2 Pax
- Micro Van - 3-6 Pax
- Mini coach - 7- 12 Pax
- 33 seated Coach - 13-20 pax
- 40 seated Large Coach - 21-40 pax
- Service of English Speaking Chauffeur Guide or National Tour Guide Lecturer

#### Entrance Tickets To:

- *Kandy Temple of the Sacred Tooth Relic*
- *Cultural Show*
- *Pinnawala*
- *Polonnaruwa*
- *Sigiriya*

Accommodation on Single, Double, Triple or Family Room sharing on Full Board / Half Board or Bed & Breakfast Basis

One 1L Mineral Water bottle per person per day

## OUR SERVICES DO NOT INCLUDE THE FOLLOWING:

- Expenses of a personal nature laundry, telephone calls, etc.
- Visa Fees
- Alcoholic and other beverages.
- Tips and gratuities
- Photo and video permit and portorage
- Services other than those mentioned above

\* The above mentioned hotels are suggestions and will change depending on your requirements and availability during the required period.

Note: You can choose your own choice of alternative suitable accommodation subject to availability.

## IMPORTANT

- With effect from 01st January 2012 all Foreign Visitors to Sri Lanka must obtain an Electronic Travel Authorization (ETA) prior to departure from your home country, more details on the same can be found at [www.eta.gov.lk](http://www.eta.gov.lk)
- The official check in time at all hotels will be 1300hrs.
- The official check out time at hotels will be 1200hrs.
- Rooms in the above quoted hotels are strictly subjected to availability.  
Terms & conditions applied.

Tour package can be customized as per your choices and hotels can be chosen with your preferences.

Please write to us personally; we will organize your own Sri Lankan Wellness as you wish.  
[info@toursrilanka.lk](mailto:info@toursrilanka.lk)