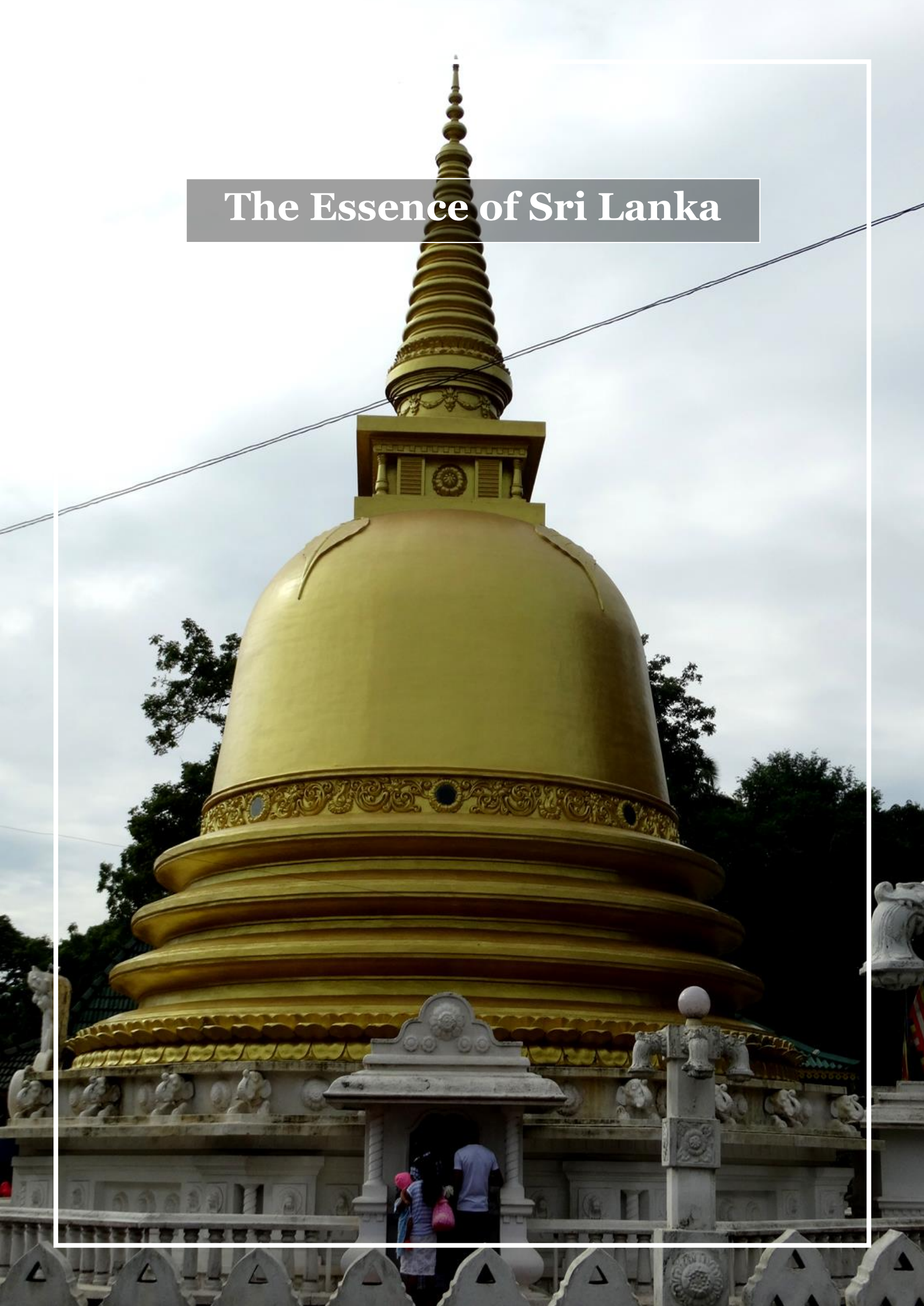


The Essence of Sri Lanka





The Essence of Sri Lanka

Colombo – Dambulla / Habrana – Kandy – Colombo

AYUBOWAN... as the Sri Lankan greeting says, 'May you enjoy the gift of long life!'

We invite you to enjoy the land of a thousand breathtaking spectacles. In the emerald-green waters of the Indian Ocean, the island country of Sri Lanka, frequently referred to as the "Teardrop of India".

Experience the lush foliage of the country side, the mountains full of tea gardens, the patchwork quilt-like rice paddies, the wholesome village life, the never ending stretches of coconut fringed beaches, the exquisite underwater coral scapes, cascading waterfalls, colorful festivals and pageantry, magnificent ancient cities, nearly half as old as time, the flowers in all their glory...nature's bounty in such abundance!!

"And always it is the same; the slender palm trees leaning over the white sand, the warm sun sparkling on the waves as they break on the inshore reef, the outrigger fishing boats drawn up high on the beach. This is alone real; the rest is but a dream from which I shall presently awake" - Arthur C. Clarke.



Sketch Itinerary

| | | |
|---------|---|---|
| DAY 01: | ARRIVE COLOMBO COLOMBO – HABARANA / DAMBULLA | BY: INTERNATIONAL FLIGHT BY: SURFACE |
| DAY 02: | IN HABARANA / DAMBULLA | |
| DAY 03: | IN HABARANA / DAMBULLA | |
| DAY 04: | IN HABARANA / DAMBULLA | |
| DAY 05: | HABARANA / DAMBULLA – KANDY | BY: SURFACE |
| DAY 06: | IN KANDY | |
| DAY 07: | KANDY – COLOMBO | BY: SURFACE |
| DAY 08: | DEPART COLOMBO | BY: INTERNATIONAL FLIGHT |



Detailed Itinerary

Day 1

Arrive Colombo

Colombo – Dambulla

Colombo – Habarana

By An International Flight

By Surface: 135 Km/3h30 Drive]

By Surface: 150 Km/ 4h00 Drive

You will arrive at Colombo's Bandaranayake International Airport by an International Flight. Following Customs / Immigration formalities and baggage collection, one of our Representatives will meet you outside the Arrivals Hall and take you to your vehicle. Thereafter you will be straightaway driven to Dambulla / Habarana (located between 20 kms from each other), the central point of Sri Lanka's 'Cultural Triangle' and the most convenient base for excursions to the ancient historical cities.

Upon arrival at Dambulla / Habarana, check into a hotel. Overnight stay at a Resort in Dambulla / Habarana



Day 2

In Dambulla / Habarana

After breakfast, proceed for a full day excursion to Anuradhapura and its surroundings (This sightseeing tour is of 5 hours duration).

Habarana – Anuradhapura : 57 kms / 1h45 drive
Dambulla – Anuradhapura : 64 kms / 2h00 drive

Also visit Jaya Sri Maha Bodhi Tree, Ruwanmalisaya Stupa, Isurumuniya Temple and Mihintale.

Anuradhapura – It was the capital of Sri Lanka from 4th century BC until the beginning of the 11th century AD. During this period it remained one of the most stable and durable centers of political power and urban life in South Asia. The ancient city, considered sacred to the Buddhist world is today surrounded by monasteries covering an area of over 40 km².

Ruwanwelisaya – It is a Stupa, a marvel for its architectural qualities and sacred to many Buddhists all over the world. It was built by King Dutugemunu C in 140 BC, who became lord of all Sri Lanka after a war in which the Chola King Elara, was defeated. It is also known as Mahathupa and Rathnamali Dagaba. This is one of the 8 places of veneration in the ancient sacred city of Anuradhapura. The Stupa is one of the world's tallest monuments, standing at 300 feet (91 mts) with a circumference of 950 feet (290 mts).

The sacred Jaya Siri Maha Bodhi Tree in Anuradhapura is reckoned as the oldest surviving historical Fig tree in the world. It was brought to Sri Lanka by the Theri Sangamitta, daughter of Emperor Asoka and was planted in the Mahameghavana Park in Anuradhapura in 249 BC by King Devanampiyatissa. It is said to be the southern branch of the Jaya Siri Maha Bodhi at Buddha Gaya in India under which Lord Buddha attained Enlightenment.



Isurumuniya Temple – It was built by King Devanampiya Tissa who ruled in the ancient Sri Lankan capital of Anuradhapura. After 500 children of high-caste were ordained, Isurumuniya was built for them to reside. King Kasyapa I (473 - 491 AD) renovated this viharaya and named it as 'Boupulvan, Kasubgiri Radmaha Vehera'. This name is derived from names of his 2 daughters and his name. There is a viharaya connected to a cave and above is a cliff. A small Stupa is built on it. It can be seen that the constructional work of this Stupa belong to the present period. Lower down on both sides of a cleft, in a rock that appears to rise out of a pool, have been carved the figures of elephants. On the rock is carved the figure of a horse. The carving of Isurumuniya lovers on the slab has been brought from another place and placed it there.

Mihintale – It is a mountain peak near Anuradhapura in Sri Lanka. It is believed by Sri Lankans to be the site of a meeting between the Buddhist monk Mahinda and King Devanampiyatissa which inaugurated the presence of Buddhism in Sri Lanka. It is now a pilgrimage site, and the site of several religious monuments and abandoned structures.

Return to the hotel in the evening.

Overnight stay at a Resort in Dambulla / Habarana



Day 3

In Dambulla / Habarana

This early morning after breakfast, depart for Sigiriya to visit the 5th Century (AD) Rock Fortress which was also the citadel of King Kashyapa. (This sightseeing tour is of 3 hours duration).

Habarana – Sigiriya : 25 Kms / oh30 drive

Dambulla – Sigiriya : 10 Kms / oh15 drive

Sigiriya – Part hedonistic Pleasure Palace, part Fortress and part Sacred Complex, Sigiriya is one of the island's most awe-inspiring archaeological sites and a leading tourist attraction. In fact some consider it to be one of the oldest tourist attractions in the world with visitors recording their impressions in some of the earliest-known graffiti. Located north of Dambulla, 116 kms from Colombo, the site consists of a sheer rock that elevates steep 200 mts above the ground with a ruined palace on the top and a vast pleasure garden complex at the foothill. For just two decades in the 5th century AD, Sigiriya rose to prominence following a power struggle between two brothers, and an act of patricide that saw the then king walled-up alive by his son, Kashyapa. Fearful that his defeated brother would return from exile to extract vengeance, Kashyapa shifted the capital to Sigiriya. (Note: Climb to the top of Lion's Rock monument is not recommended for people who are not able to climb steep steps or suffering from 'vertigo' problem).

Thereafter, visit a Spice Garden to see different spices for which Sri Lanka is famous for. Here, the guests can see different spices and how some of these spices are grown and processed. Later return to the hotel for lunch.



In the afternoon visit Polonnaruwa, the medieval capital of Sri Lanka.
(This sightseeing tour is of 2 hours duration).

Habarana – Polonnaruwa : 46 Kms / 1h30 drive
Dambulla – Polonnaruwa : 65 Kms / 2h00 drive

Polonnaruwa – A ‘UNESCO World Heritage Site’ rose to fame as the capital after the decline of Anuradhapura. Its period of greatness was from the 10th - 12th Centuries AD. The entire landscape of the region is punctuated by huge manmade reservoirs, veritable inland seas the most famous of which is the Prakrama Samudra or the Sea of Parakrama, larger in size than the Colombo harbor. The monuments of this medieval city are relatively well preserved and give clear evidence of the glory of Sri Lanka's past. See the Royal Palace complex, the Quadrangle with its concentration of ancient heritage and the spectacular Gal Vihare complex of four massive images of the Buddha, cut from a single slab of granite – a highlight in ancient Sri Lankan rock carving.

Return to the hotel in the evening.

Overnight stay at a Resort in Dambulla / Habarana



Day 4

In Dambulla / Habarana

Today after breakfast visit a nearby village temple to offer a mid-day meal (Dāna) to the Buddhist monks. As per Buddhist teachings this invokes merit and good wishes to the party offering these meals to the monks.

Dāna (meal offering to Buddhist monks): According to Buddhist traditions, Monks do not prepare their meals in the temples and instead they rely on meals offerings by the villagers. This ceremony starts, by firstly observing 'Pan-sil (Buddhist prayers); thereafter the guests have the opportunity to offer / serve freshly cooked meals (alms) to the Buddhist monks in a traditional way. Followed by the meal, gifts are offered to the monks. Gifts consist of the day to day needs of the Buddhist monks like saffron robes, shaving kit, towels, soap, umbrella etc. Final part of this unique ceremony is a sermon (bana) based on teachings of Lord Buddha followed by tying of blessed chords on the right hand of each participant. This band is believed to protect all individuals from evil and carry the blessings for the next 7 days.



In the afternoon proceed for a Jungle Safari in Minneriya National Park.

Habarana – Minneriya : 50 Kms / 2h00 drive

Dambulla – Minneriya : 25 Kms / 1h00 drive

Minneriya National Park – Minneriya was declared a Wildlife Sanctuary in 1938. The reason for declaring the area as protected is to protect the catchment of Minneriya tank and the wildlife of the surrounding area. The tank is of historical importance, having been built by King Mahasen in third century AD. The park is a dry season feeding ground for the elephant population and 70 Important Bird Areas (IBAs) of Sri Lanka. Large numbers of Sri Lankan elephants are attracted to grass fields on the edges of the reservoir during the dry season.[1] The Minneriya tank contributes to sustain a large herd of elephants. Individuals of elephants gathered here is numbering around 150-200.[4] Some reports account number of elephants to as high as 700.

Overnight stay at a Resort in Dambulla / Habarana



Day 5

Dambulla / Habarana – Kandy

By Surface

Dambulla – Kandy

By Surface: 95 Kms / 3h00 Drive]

Habarana– Kandy

By Surface: 72 Kms / 2h00 Drive]

In the morning after breakfast proceed for a traditional village tour.

Start with a bullock-cart ride to the village. The Bullock cart was the first vehicle in Sri Lanka, and at one time a famous mode of transportation for all local people. Today this vehicle is a link between the past and present. Your experience begins in the traditional Singhalese village of Ehelagala where you can ride a bullock cart on a gravel path. Thereafter the guests can experience a traditional canoe ride on the lake. After the cart ride you can experience a canoe ride on the reservoir. Also experience the pleasures of the village life by visiting a family in the heart of the village.

Thereafter depart for Kandy, the last Kingdom of Sri Lanka visiting a traditional Sri Lankan Batik Gallery enroute.

Kandy – Kandy is a major city in Sri Lanka, located in the Central Province, Sri Lanka. It is the second largest city in the country after the capital Colombo. It was the last capital of the ancient kings' era of Sri Lanka. The city lies in the midst of hills in the Kandy plateau, which crosses an area of tropical plantations, mainly tea. Kandy is one of the most scenic cities in Sri Lanka; it is both an administrative and religious city. It is also the capital of the Central Province. Kandy is the home of The Temple of the Tooth Relic (Sri Dalada Maligawa), one of the most venerable places for the Buddhist community of Sri Lanka and all around the world. It was declared a world heritage site by UNESCO in 1988.

Overnight stay at a hotel in Kandy



Day 6

In Kandy

Today after breakfast proceed for a full day sightseeing of Kandy including the Temple of the Sacred Tooth Relic; Royal Botanical Gardens; National Tea Museum.

Temple of the Sacred Tooth Relic – It is the most sacred Buddhist temple in Sri Lanka. It is located in the royal palace complex which houses the relic of the tooth of Buddha. Since ancient times, the relic has played an important role in local politics because it is believed that whoever holds the relic holds the governance of the country. Kandy was the last capital of the Sri Lankan kings and is a UNESCO world heritage site partly due to the temple. Monks conduct daily worship in the inner chamber of the temple. Rituals are performed three times daily: at dawn, at noon and in the evenings.

In the afternoon visit the Royal Botanical Gardens and National Tea Museum.

Royal Botanical Garden – It is in Peradeniya and is located about 5½ km to the west from the city of Kandy in the Central Province of Sri Lanka and attracts 1.2 million visitors annually. It is renowned for its collection of a variety of orchids. It includes more than 300 varieties of orchids, spices, medicinal plants and palm trees. Attached to it is the National Herbarium. The total area of the botanical garden is 147 acres (0.59 km²), at 460 meters above sea level, and with a 200-day annual rainfall. It is managed by the Division of National Botanic Gardens of the Department of Agriculture. The origins of the Botanic Gardens date as far back as 1371 when King Wickramabahu III ascended the throne and kept court at Peradeniya near Mahaweli River. This was followed by King Kirti Sri and King Rajadhi Rajasinghe. A temple was built on this location by King Wimala Dharma, but it was destroyed by the British when they were given control over the Kingdom of Kandy. Thereafter, the groundwork for a botanical garden was formed by Alexander Moon in 1821. The Botanical Garden at Peradeniya was formally established in 1843 with plants brought from Kew Garden, Slave Island, Colombo, and the Kalutara Garden in Kalutara.



The Royal Botanic Garden, Peradeniya was made more independent and expanded under George Gardner as superintendent in 1844. On his death in 1849 George Henry Kendrick Thwaites became superintendent. The Garden came under the administration of the Department of Agriculture when it was established in 1912. The classical Avenue of Palms is located in this Garden. One tree with a significant history is the Cannonball Tree planted by King George V of the United Kingdom and Queen Mary in 1901. The tree is bent with its fruits, which look like cannonballs. During the Second World War, the Botanical Garden was used by Lord Louis Mountbatten, the supreme commander of the allied forces in the South Asia, as the headquarters of the South East Asia Command.

National Tea Museum – This museum occupies the 1925-vintage Hanthana Tea Factory, 4 kms south of Kandy on the Hanthana road. Abandoned for over a decade, it was refurbished by the Sri Lanka Tea Board and the Planters' Association of Sri Lanka. There are exhibits on tea pioneers James Taylor and Thomas Lipton, and lots of vintage tea-processing equipment. Get an idea of 150 years of the tea industry in Sri Lanka. End of the tour Enjoy a Cup of Famous Ceylon Tea.

Overnight stay at a hotel in Kandy



Day 7

Kandy – Colombo

By Surface: 115 Km/3h00 Drive

Depart for Colombo this morning visiting the Elephant Shelter in Pinnawela enroute.

This is a shelter, a nursery and captive breeding ground for wild Asian elephants. Pinnawela is notable for having the largest herd of captive elephants in the world. There are 88 elephants, including 37 males and 51 females from 3 generations, living in Pinnawela.

In the afternoon take a city tour of Colombo the commercial capital of Sri Lanka. Visit the Old Parliament (now the Presidential Secretariat), the Fort & Pettah, the Convention Centre, the Galle Face Promenade, the Town Hall and the historic Independence Square (where Independence from Britain was signed in 1948).

Overnight stay at a hotel in Colombo

Day 8

Depart Colombo

By An International Flight

After breakfast, drive to the Bandaranayake International Airport to board an International flight for onward journey.

*****End of the Tour*****



The Essence of Sri Lanka 7 nights tour |

COST PROPOSAL

| CITY | HOTEL | ROOM CATEGORY | NIGHTS |
|---------------------|--------------------------|---------------|--------|
| Dambulla / Habarana | Amaya Lake or similar | Superior room | 04 |
| Kandy | Amaya Hills or similar | Superior room | 02 |
| Colombo | The Kingsbury or similar | Superior room | 01 |

INCLUSIONS & EXCLUSIONS

TOUR COSTS INCLUDE THE FOLLOWING

Accommodation

- 07 night accommodation on twin sharing at the hotels mentioned above or similar.

Meal Plan

- Stay on Half Board basis: Breakfast and dinner at hotel.
- Note: The above meals do not include any alcoholic / non-alcoholic beverages.

Transportation

- All transportation services using an air-conditioned vehicle.

Others

- Monument Entrance Fees (one time entry only) as per the detailed the itinerary.
- Services of an English-speaking chauffeur guide for the full duration of the tour
- 01 Private 4x4 game drive at Minneriya national park
- All applicable government taxes / levies as at date.

Trek Nirvana Specials: -

- Assistance by our Representatives during Hotel / Airport.
- 02 bottles of packaged drinking water (500 ml) per person per day basis during travel in vehicle/s

TOUR COSTS DO NOT INCLUDE THE FOLLOWING

- Tips
- All beverages including water consumed at hotels / restaurants
- Expense of personal nature like meals other than mentioned above, tips, laundry, telephone/fax calls, alcoholic/non-alcoholic beverages, still & video camera fee at monuments, medical expenses, airfare, airport departure tax, any insurance.
- Airfare on any of the Domestic or International sectors.
- Any other services not mentioned in the inclusions.



SPECIAL NOTES

- **The above Costs are valid from 01 November 2021 to 15 December 2022 except peak dates, festival period, sold-out or blackout dates.**
- Please note that some of the sights / itinerary may change due to season, weather, national holidays and special events. Please refer to insider tips printed in brochure.
- The standard Check-In time is 1400 Hrs and Check-Out time is 1200 hrs noon.
- Rates include only those items which are specifically mentioned in the detailed itinerary.
- Please note, the names of hotels mentioned above only indicate that our rates have been based on usage of these hotels. It is not to be construed that accommodation is confirmed at these hotels until and unless we convey the confirmations to you on receipt of your acceptance. However in the event of any of the above mentioned hotels not becoming available at the time of initiating the reservations. We shall book alternate accommodation at a similar or next best available hotel and shall pass on the difference of rates (supplement / reduction whatever applicable) to you.
- In case on any currency fluctuations or amendment in local Government taxes, or any fuel hike, we reserve the right to adjust the tour price accordingly. The due increase or decrease will be communicated accordingly.

****** End of Tour ******