

SRI LANKA, AYURVEDA HEALING 10 NIGHTS / 11 DAYS

COLOMBO - NEGOMBO – SINHARAJA – WELIGAMA AYURVEDIC RESORT - COLOMBO – DEPARTURE



Explore Sri Lanka's culture and history while staying in the traditional Ayurvedic Resort. This Ayurveda tour will give you a glimpse into the ancient wisdom of the country. Our Ayurvedic tours in Sri Lanka are the perfect combination of culture and of course for wellness retreat for mind, body, soul, social and spiritual relief. Practice Yoga and enjoy Meditation which helps you to make your body extremely agile. Blood circulation is improved by the flexibility of the spine and joints, as well as the suppleness of muscles. Yoga is a mind-body discipline.

ITINERARY

Day 01 Arrive Colombo Airport – Negombo

Upon arrival at Colombo Airport, you will be met by your car with chauffeur for the short transfer to your hotel in Negombo. (approx. 40 min drive.)

Check in to the hotel. Rest of the day free. Night in Negombo. **Note >** Early check in Not included. Standard hotel check in time 14h.

Day 02 Negombo – Sinharaja

After the breakfast check out and proceed to Sinharaja for night stay.

(Approx. 5 hrs drive from Negombo to Sinharaja)

In the afternoon enjoy night trail in the Sinharaja forest.

Follow winding trails where you will discover the nocturnal activities of the species. Equip yourself with a minor's lamp, boots and gloves provided by the hotel to take on the chilly weather at night. We recommend small group of less than 5 to make journey so that the calm surroundings and soft sounds of the rainforest are left unhindered.

Day 03 IN Sinharaja

Today early morning enjoy bird watching trail with packed breakfast.

Sinharaja world heritage site spreads over wide elevation range (300m to 1100m). It is rich in bird life with an impressive 147 species recorded to date. It is also the only location where 21 out of 26 bird species endemics to Sri Lanka may be viewed. The Rainforest Ecodge is ideally located at the 1025m elevation having both the lowland and the highland species present in Sinharaja in its vicinity. A few endemic and other species thought to be confined to the hill zone i.e., the Sri Lanka White-eye (*Zosterops ceylonensis*), the Scaly Thrush (*Zoothera dauma*), the Wood pigeon (*Columba torrigtoni*), the Dusky Blue Flycatcher (*Muscicapa sordid*) and the yellow-eared Bulbul (*Pycnonotus penicillatus*), have also been sighted at this area.

Return to the hotel for night stay.

Day 04 Sinharaja – Weligama

After Breakfast, Transfer to Weligama.

(Approx 02H50min drive from Sinharaja to Weligama)

Check in to your hotel and enjoy your lunch.

In the afternoon you will have your an Ayurvedic consultation with our in-house doctor. Our doctors at Ayurvie Weligama will examine your body type and decide a personalised treatment plan for you. The consultation with our doctor will be done to fine tune your treatments to make sure they suite your body and health

The extremely well trained and professional doctors will provide you with an initial consultation where you will be able to discuss about your health and general wellness. The treatments can be curated for stress, long standing medical issues, weight loss or for general relaxation. Dinner and overnight stay at the Resort.

Day 05 -09 In Weligama Ayurvedic Resort

Enjoy your stay experiencing the traditional Ayurvedic remedies, wellness packages, and Yoga practices, along with world class amenities and breathtaking views from day 5 till day 9.

The following will be your daily activities.

- Wake up with a daily morning Yoga session
- Enjoy Breakfast
- Relax with approx. 2 hours of daily Ayurvedic treatment (The treatment times will be scheduled by the doctors)

Enjoy the afternoon at your leisure.

- End the day with a daily sunset yoga session
- Dinner and overnight stay at the Resort.

Optional Excursions. (Payable)

Galle City Tour

- Galle is the south coast's major city, whose oldest landmark is the massive 17th century Portuguese and Dutch Fort in which the central city is contained. The journey to Galle is along the palm-fringed beaches passing Hikkaduwa with its beautiful "coral gardens" and exotic tropical fish. Visit the Dutch Fort and the city of Galle. As you walk through the streets you can see strong Dutch influences in the architecture, along with some old British residences and various mosques with Arabic touches.

Visit a tea Factory

- 30 minutes from Galle Fort lies the Handunugoda Tea Estate, perhaps the closest tea plantation in the world to the sea. The estate is known as the Virgin White Tea Factory – it produces a white tea completely untouched by human hands. The process of tea plucking follows an ancient Chinese Ritual where the choicest of teas were cut by virgins who never touched the tea with their bare skin. Handunugoda mimics this tradition, although these days the 'virgin' concept only applies to the tea, not the tea pluckers! This white tea is rich in antioxidants and is said to be the healthiest tea in the world. Coincidentally it is also one of the most expensive teas in the world fetching at over 1500 USD per kilo

Visit Bimbaramaya temple

- This quaint Buddhist temple is situated 10kms away from Weligama and 1.2km away from Ahangama. The temple includes an image house with paintings of the Buddha dating back 100s of years and architecture. Since the temple is not a popular tourist attraction it remains an example of the part temples play for their surrounding communities. The temple is home to some of our CSR projects in the region; run by Reconstruire et Vivre (R.E.V), a charitable set up by our owners. R.E.V has set up a Montessori and computer school which it runs free of charge for the community. Recently, we have set up an organic plantation where you can get a demonstration in traditional Sri Lankan farming techniques.

Jeep safari at Yala national park

- The Yala National Park is situated in the southeastern corner of the island. It is mainly thorny scrub forest, reminiscent of the African bush, and provides the visitors best bet for seeing animals. Animals could be seen in herds are elephants, deer species, wild buffalo, wild boar, monkeys. Other varieties of species such as crocodile, peacock and if you are lucky, bear and leopard could be seen as well.

Cooking Demo and lunch with local Family.

- If you wish a cooking demo and the lunch with a local family would be a good addition to the program. You can participate in preparing your own traditional Sri Lankan meal or simply enjoy a meal with a local family. The rice and curry meal are prepared with local produce sourced by the family from local markets and gardens. A traditional meal is full of flavor and spice, but the family tries to prepare the meal to western palates. However, be ready expect some spice and heat.



Day 10 Weligama – Colombo

After Breakfast, check out and transfer to Colombo for night stay.

(Approx 02H30min drive from Sigiriya to Colombo)

In the afternoon visit Colombo city > Formerly the capitol of Sri Lanka, Colombo remains the commercial hub of the Island. Situated on the West coast of the Island, Colombo has one of the largest artificial harbors in the world and is a principal port of the Indian Ocean. Colombo is a vibrant city with plenty to see and do. If shopping is on your agenda, this is the best place to get it done. For clothing, you can take your pick from one of the larger shopping malls like Crescat Boulevard, Majestic City and Liberty Plaza or departments stores like ODEL and House of Fashion.

Day 11 Drop at Colombo Airport (official hotel check out 11h)

Your wellness holiday in Sri Lanka has reached its final day. After Breakfast, proceed to the Airport for the departure. (Approx. 40 min' drive from Hotel to the Airport)

We wish you a safe flight back home.... Ayubowan!

----- End of our Services -----

Please Note >

- ❖ If required, you can add / remove days in the programme.
- ❖ The programme is subject to change due to any cause.
- ❖ The activities are subject to change due to non-availability and weather conditions.
- ❖ Please always consult the programme before confirming the tour.
- ❖ Always check current Covid19 protocol before reaching Sri Lanka.