

## **SRI LANKA, CULTURE & AYURVEDA 10 NIGHTS / 11 DAYS**

**COLOMBO - NEGOMBO – KANDY – SIGIRIYA 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 – Kandy

After the breakfast check out and proceed to Kandy. Enroute visit Pinnawala Elephant orphanage.

(Approx. 03H20 mins drive from Negombo to Kandy)

The Orphanage was established to feed, nurse and house young elephants abandoned by their mothers, displaced from their natural environment by development projects. Most of the orphans cannot be introduced back into the wild, as other elephant family groups will not accept them. They enjoy a good life with their human parents, and many find good foster homes in zoos around the world. It is more interesting to visit an Orphanage at feeding or bathing time. Afternoon at leisure. Overnight in Kandy.

### Day 03 Kandy

After breakfast visit Kandy temple in the morning.

**The Kandy Temple**, which houses the famous tooth relic of the Buddha is the star attraction of the city. Puja ceremonies (Thevava) are held every morning noon and evening to honor the relic and visitors may view the casket where the sacred tooth relic is held within the chamber during these times. Observing these ritualistic proceedings to the accompaniment of traditional drums is a must for any traveller to the sacred city of Kandy.

Continue to visit Peradeniya botanical garden. The Royal Botanical Garden at Peradeniya was established in 1821 and now covers 140 acres, smuggled in a loop in the Mahaweli River, the longest river in Sri Lanka. Its primary purpose was the testing and acclimatizing of plants for commercial use in Sri Lanka. Today the Gardens have one of the largest collections of flora from sub-tropical climates around the world. Overnight in Kandy

## **Day 04**      **Kandy – Sigiriya**

After Breakfast, Transfer to Sigiriya where you will enjoy your Ayurvedic treatment for few days.

(Approx 02H30min drive from Kandy to Sigiriya)

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 Sigiriya 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 Sigiriya at 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.

### Complimentary optional excursions>

- Participate in the paper recycling workshop
- Experience traditional pottery making with a local craftsman
- Bird and Butterfly watching trails with a naturalist
- Pick vegetables from our organic vegetable garden and cook your harvest with our chefs learning about Sri Lankan Cuisine.

### Optional Excursions. (Payable)

#### Visit Anuradhapura cultural site (except Sri Maha Bodhi )

- Anuradhapura was the first ancient capital of the country of kings for about 1400 years. In pinnacle of its glory the city extended over a surface of 52 sq. km and the population amounted to several tens of thousands. Its magnificent monuments, refined sculptures and paintings are testimony to a veritable and original Sri Lankan culture.

#### Visit Polonnaruwa Site

- Polonnaruwa was established as the capital city after the fall of Anuradhapura and is known as the mediaeval capital of Sri Lanka. Polonnaruwa contains the ruins of some of the masterpieces of Buddhist sculpture and remarkable feats of engineering that were well ahead of their time. Most outstanding amongst these is the Gal Vihara temple with its famous rock carvings of the Buddha and Parakrama Samudra, a vast man made reservoir covering an area of over 23 kilometers.

#### Visit Sigiriya Rock

- In the center of the cultural triangle lies the Sigiriya rock fortress; another remarkable feat of engineering and a fascinating example of artistic craftsmanship. Hewn out of the living rock, the Sigiriya fortress was the stronghold of King Kashyapa, a formidable royal palace and city. Sigiriya, or the 'Lion Rock' is most famous for its frescoes; a series of "heavenly maidens" painted on the rock surface itself. From halfway up the rock you can witness the elaborately landscaped water gardens containing the royal baths and fountains; some of which still work today during the rainy seasons. Sigiriya is a still standing monument to Kashyapa, and the vision of a truly egotistical monarch.

Go on a safari to see elephants in Minneriya. (always subject to availability)

- Minneriya National Park is one of the best places in the country to see wild elephants, which are often present in huge numbers, and wading birds. Dominated by the ancient Minneriya Tank, the park has plenty of scrub, forest and wetlands in its 88.9 sq km to also provide shelter for toque macaques, sambar deer, buffalo, crocodiles and leopards. The dry season, from May to September, is reckoned to be the best time to Elephants, which can number 200 or more, come to feed and bathe during what is known as 'the Gathering'. However, it's also possible to see large numbers of elephants here at other times of year too.

Cooking Demo and lunch with local Family.

- If you wish a cooking demo and the lunch with a local family in Sigiriya 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 Sigiriya – Colombo

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

(Approx 03H25min 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.