

Travel

SRI LANKA

MARCH 18 - 23.3.2025

with Sadun Mendis



Sadun is from Sri Lanka. He has been working in tourism industry as a tour guide, tour operator and will be your trusted guide.



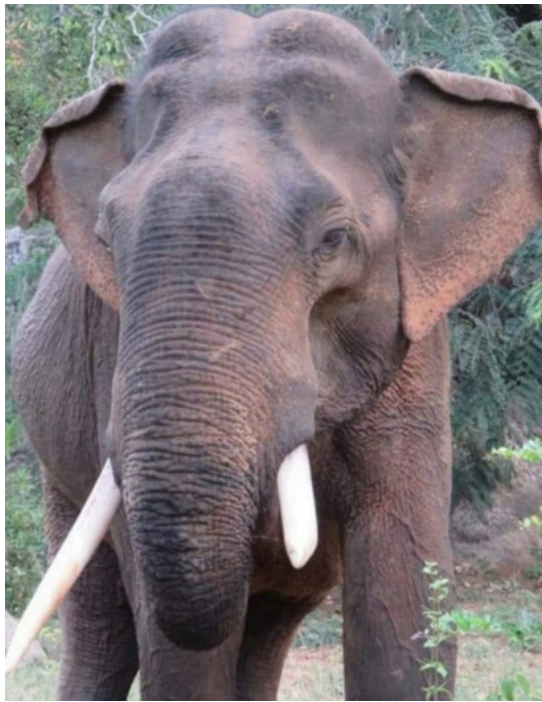
Nataša will be your contact point when it comes to travelling Sri Lanka on the retreat and travel tour.



SRI LANKA 6-DAY TOUR



You are kindly invited to extend your adventure in Sri Lanka by joining six days travel tour through the country's inland hills and valleys, where the climate is cooler than at the sea. In the landscapes full of beautiful views, waterfalls, diverse plant, and animal life our main historical attractions will be Sigiriya Ancient city, Temple of the Sacred Tooth Relic in Kandy, Polonnaruwa Ancient city, Nine Arch bridge and natural attractions like Horton plains national park, Diyaluma waterfall, Elephant transit Home in Udawalawa and much more. This road trip is spiced by two and a half hours long train trip through the most fertile parts of Sri Lanka with tea plantations and rice fields. Welcome on board!



6 Days Tour Itinerary

Day 01-: (Mathara to Ella)

Departure to Ella from Talalla 7am (breakfast take-away)

- Visit to the Elephant transit Home in Udawalawa
- Visit to Diyaluma waterfall
- Lunch
- Short stop at Rawana waterfalls
- Visit to the worlds famous Nine arch bridge

Overnight stay and dinner in Ella (18.3.2025)

Day 02-: (Ella to Nuwara Eliya)

- Enjoy the mouth-watering breakfast at the hotel
 - Check out and proceed from Ella railway station to Nuwara Eliya city by train
 - After train tour through the stunning landscapes of tea plantations and rice fields, your driver will pick you up at Nanu Oya station
 - Lunch
 - Visit Horton plains national park (including World's end and the Baker's waterfall)
 - Check-in to your cozy hotel in Nuware Eliya
- Overnight stay and dinner at the hotel (19.3.2025)

Day 03-: (Nuwara Eliya to Kandy)

- Wake up to the chilly morning in Nuwara Eliya and start your day with a fresh cup of tea and a tummy-filling breakfast at the hotel
 - Visit to Seetha Amman Hindu temple
 - Visit to a tea factory
 - Proceed to Kandy
 - Lunch
 - Walk in the city of Kandy
 - Visit to the most famous Temple of the Sacred Tooth Relic and evening in Kandy
- Overnight stay and dinner in Kandy (20.3.2025)

Day 04-: (Kandy to Sigiriya)

- Wake up to the beautiful bird chirping in Kandy
 - Proceed towards Sigiriya
 - Dambulla royal Cave temple
 - Lunch and safari in the village
 - After lunch we will proceed to climb Sigiriya rock fortress
- Overnight stay in Sigiriya (21.3.2025)

Day 05-: (Sigiriya to Polonnaruwa Ancient city)

- Wake up to the beautiful morning in Sigiriya
- Possibility to climb the ancient Pidurangala to see the sunrise above Sigiriya
- Proceed to Medirigiriya vatadageya (Temple)
- Lunch
- Discover UNESCO World Heritage Polonnaruwa ancient kingdom:
 - o Royal palace of King Prakramabahu
 - o Nissanka latha mandapaya (Kings conference hall)
 - o Polonnaruwa vatadageya (Temple)
 - o Dalada maluwa Polonnaruwa (Temple)
 - o Gal Viharaya (Buddha statue)
 - o Lankatilaka Viharaya (Temple)
 - o Thiwanka image house (Temple)
 - o Prakrama samudraya (Lake)
 - o Dipa uyana (Island park)
 - o Palace of King Nissanka Malla (Chanting place)

After visit to Polonnaruwa ancient city we will proceed to Negombo. Dinner and overnight stay in Negombo which is close to Colombo (22.3.2025)

Day 06-: Departure from Colombo back home (23.3.2025)

Price of the tour per person is 750€ in case of 10-20 participants (including 5 overnights in double, triple, or family rooms with half board in cosy local hotels, transportation cost by van or bus, tour guide and a driver)

In case of 5-9 participants the price is 850€

Not included: Entrance fees (ca. 152€) and lunches.

Please note: Entrance fee prices are estimated due to prices being presented in US Dollars and/or Sri Lankan Rupees.

In case of less participants the tour price might change.

How to book:

Send an email to nicola@purnayoga.fi

How to pay:

In cash on site to Sawa Travels

Tour key contacts:

Nataša Stambej: naksu@elisanet.fi (+358 040 704 4083)

Sadun Mendis: sadunsawa@gmail.com (+94 77 373 1224)

TOUR VEHICLES



WHAT TO BRING

Hand luggage like a small backpack, sandals and good light walking shoes. Light clothing and long sleeves in case of chilly mornings and evenings in the upper land. Swimsuit and towel. Hat and mosquito protection are recommended. Small hand towel and light cotton sheet or scarf might make your journey cozy.

There is no dress code in Sri Lanka! However, when visiting temples, it is polite and respectful to cover your shoulders and knees and remove your shoes. Sri Lankans use light-colored clothes while visiting temples.

FOOD IN SRI LANKA

Food in Sri Lanka is delicious and ayurvedically spiced; that means, all five tastes are in balance and support the utmost well being and health of your body. Spices also help your stomach stay healthy. Traditional rice and curries are very tasty, Indian restaurants are worth trying, and one can find western cuisine as well. Food is spicy, but you can always wish less or non-spicy version of every meal. Fruits are delicious, coconuts take away your thirst most effectively and you be able to enjoy therapeutically used herb teas.

English is a language you get well along in Sri Lanka.

**YOU ARE MOST WELCOME TO JOIN US ON THIS
UNFORGETTABLE JOURNEY!**