

Around the Island
15 Days / 14 Nights



Day 1 - AIRPORT – NEGOMBO

Arrival at Bandaranaike International Airport

Pass the Immigration, duty free and then collect your baggage from the belt. Walk through the customs passing the banks to the arrival lobby.

Sri Lanka Express Representative will meet you at the arrival lobby with a paging board. He will accompany you to your vehicle

Meet your driver and he will transfer you to Negombo. (20 minutes drive)

Arrive at the hotel & Check in

Check in – 12h00

In the afternoon, **do a city tour of Negombo**

Negombo is in the heart of Sri Lanka's fishing industry. The sea and catamarans is the Backdrop of the Negombo scenery. Visit the Negombo lagoon and a fish auction.

Also visit the Dutch Fort and a Catholic Church. The Portuguese and Dutch settlers in the 17th/18th centuries were intent on introducing Christianity to these coastal villages. As a result, the coast is scattered with several colonial period churches. An old network of canals covering about 130 kilometres developed by the Dutch, linking Colombo's seaport to the North Western coastal towns for transporting cinnamon and spices, still function as active waterways full of life. These canal paths winding through the villages.



Overnight Stay at Hotel (Select as per your budget)

Day 2 - NEGOMBO – YAPAHUWA – CULTURAL TRIANGLE

Breakfast at the hotel

Transfer to Yapahuwa

Visit Yapahuwa

This rock fortress and temple build by Kind Buwanekabahu (1272 – 1284) on a vast granite rock rising 100m from the ground is encircled by a 1km path rising to the top. Yapahuwa is another master piece of Sinhala rock cavings and art

Continue to the Cultural Triangle

In the late afternoon, **do an elephant back safari in surrounding jungle (1 hour)**

This excursion will take you along one of the most picturesque sites through the jungle and could observe bird life as well as during the trek to the surrounding forest and foothills. In addition, a variety of large and small animal's lives in the surrounding forest could be seen.

Transfer to the selected hotel

Check in at the hotel

Overnight Stay at Hotel (Select as per your budget)



Day 3 - CULTURAL TRIANGLE – ANURADHAPURA – MIHINTALE – CULTURAL TRIANGLE

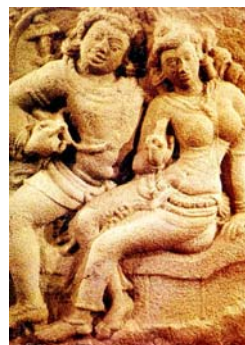
Breakfast at the hotel

Transfer to Anuradhapura

Do a city tour of Anuradhapura

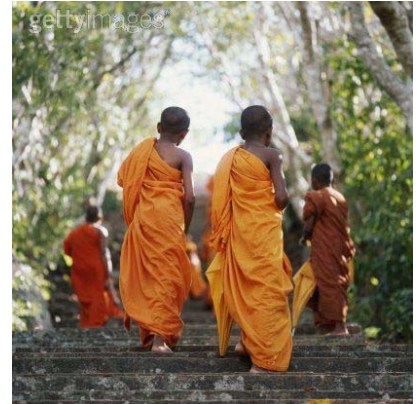
It was the first capital and undoubtedly the grandest city of the ancient Ceylon. It is the home of two World Heritage Sites. Many places of Historical and archaeological interest could be visited.

Sri Maha Bodhi (Sacred Bo-Tree) was brought as a sampling of the tree under which Prince Siddhartha attained to enlightenment and it is over 2200 years old and is the oldest historically documented tree in the world. The Brazen Palace (2nd century B.C), the 1600 stone columns you see are all that is left of a Magnificent multi-storied residence for monks. Ruwanwelisaya (2nd century B.C) is the most famous of all the Dagobas. It originally depicted the perfect 'bubble shape' that modern restoration has not been able to accurately reproduce. 'Samadhi' Buddha statue (4th century AD) is one of the most famous statues, depicting the Buddha in a state of 'Samadhi' or deep meditation. Isurumuniya rock temple (3rd century B.C) is well known for its rock carvings.



In the afternoon, proceed to Mihintale for a visit

Eight miles east of Anuradhapura, close to the Anuradhapura - Trincomalee Road is situated the "Missaka Pabbata" which is 1000 feet in height and is one of the peaks of a mountainous range. Though this was called Cetiyaagiri or Sagiri, it was popularly known as Mihintale - the cradle of Buddhism in Sri Lanka. Thera Mahinda came to Sri Lanka from India on the Full moon Day of the month, a of Poson (June) & met King Devanampiyatissa and the people, and preached the doctrine. The traditional spot where this meeting took place is revered by the Buddhists of Sri Lanka. From ancient times a large number of large steps were constructed to climb Mihintale. It is stated that King Devanampiyatissa constructed a vihara and 68 caves for the bhikkhus to reside in. At Mihintale there gradually grew a number of Buddhist viharas with all the dependent buildings characteristic of monasteries of that period.



Return to the hotel

Overnight Stay at Hotel (Select as per your budget)

Day 4 - CULTURAL TRIANGLE – SIGIRIYA – AUKANA – CULTURAL TRIANGLE

Breakfast at the hotel

Transfer to Sigiriya

Explore the Sigiriya Rock Fortress

Climb the 5th century Sigiriya rock fortress, which is a world heritage site, built by King Kashyapa (477-495 AD). The 'Lion Rock' is a citadel of unusual beauty rising 200 metres from the scrub jungle. The rock was the innermost stronghold of the 70 hectare fortified town. A moat, rampart, and extensive gardens including the renowned water gardens ring the base of the rock. Visit the world-renowned frescoes of the 'Heavenly Maidens' of Sigiriya, which are in a sheltered pocket of the rock approached by a spiral stairway. These frescoes are painted in earth pigments on plaster.



Visit the famous Sri Lankan Batiks Factory (optional)

Transfer to Aukana

Visit the Aukana Buddha statue

The Aukana Buddha Statue is one of the tallest statues of Sri Lanka. It is situated in the Anuradhapura district. The 13 metre high statue is carved out of solid granite and dates back to the reign of King Dathusena in the 5th century. Recently, a brick enclosure around and above have been built to protect the sculpture from weather.

Return to the hotel

Overnight Stay at Hotel (Select as per your budget)



Day 5 - CULTURAL TRIANGLE – TRINCOMALEE – CULTURAL TRIANGLE

Breakfast at the hotel

Leave to the famous East Coast of Sri Lanka for a full day excursion

Do a city tour of Trincomalee including a visit to the Pigeon Islands

Trincomalee is a natural deep water harbor that attracted great sea farers like Marco Polo, Ptolemy and the sea traders from China and East Asia during ancient times. The long and wide beaches offer surfing, scuba diving, fishing and whale watching. This sea town has the largest Dutch fortress and the oldest Hindu temple (Tirukoneswaram Kovil) in Sri Lanka. Hot wells and the famous Nilaweli Beach are the main attractions in the region. April to October are the famous months for a relaxing and an active holiday.



Afternoon at leisure at Nilaweli Beach

Return to the hotel

Overnight Stay at Hotel (Select as per your budget)

**2* / 3* accommodation available in this area at present
(Accommodation on request)**



Day 6 - CULTURAL TRIANGLE – POLONNARUWA – CULTURAL TRIANGLE

Breakfast at the hotel

At Leisure

Around 10.30, transfer to Polonnaruwa

In the afternoon, **visit the Polonnaruwa ruins by bicycle**

It was the 2nd capital city of Sri Lanka built in the 11th and 12th Centuries AD, and which is a world heritage site. Here you can see the ruins of the Royal Palace, the Gal Viharaya where 4 splendid Statues of the Buddha in 'Upright', 'Sedentary' and 'Recumbent' postures carved out of rock could be seen, the Audience Hall, the Lotus Bath, the statue of king Parakramabahu, and the Parakrama Samudraya - a lake built by King Parakramabahu the great. There are also monuments of famous places of worship such as the Shiva Temple, the Lankathilake, the Watadage, the Galpotha, the Kiri Vehera and the remains of a former Temple of the Tooth Relic.



Transfer to the selected hotel

Check in at the hotel

Overnight Stay at Hotel (Select as per your budget)

Day 7 - CULTURAL TRIANGLE – DAMBULLA – NALANDA GEDIGE - MATALE – KANDY

Breakfast at the hotel

Leave to Dambulla

Visit the Dambulla Rock Temple

The area is thought to be inhabited from as early as the 3rd century BC. Statues and paintings in these caves date back to the 1st century BC. But the paintings and statues were repaired and repainted in 11th, 12th, and 18th century AD. The caves in the city provided refuge to King Valagamba (also called *Vattagamini Abhaya*) in his 14 year long exile from the Anuradapura kingdom. Buddhist monks meditating in the caves of Dambulla at that time provided the



exiled king protection from his enemies. When King Valagamba returned to the throne at Anuradapura kingdom in the 1st century BC, he had a magnificent rock temple built at Dambulla as a gratitude to the monks in Dambulla.

It is the largest and best preserved cave temple complex in Sri Lanka. The rock towers 160 m over the surrounding plains. There are more than 80 documented caves in the surrounding. Major attractions are spread over 5 caves, which contain statues and paintings. This paintings & statues are related to Lord Buddha and his life. There are a total of 153 Buddha statues, 3 statues of Sri Lankan kings and 4 statues of god and goddess. The latter 4 include two statues of Hindu gods, Vishnu and Ganesh. The murals cover an area of 2,100 m². Depictions in the walls of the caves include Buddha's temptation by demon Mara and Buddha's first sermon.

Transfer from Dambulla to Nalanda Gedige for a visit

To archaeologists and historians the place name Nalanda is of significance due to the presence of the ruins of an ancient monastery where a unique stone-built Buddha image house known as the Gedige is located. The structure is unique in more than one respect. It is the only extant Buddha image house in Sri Lanka built in the architectural design norms of the well-known Pallava architecture of Mahabalipuram (7th century AD) in South India. The monument also displays the synthesis between the Theravada and the Mahayana forms of worship on the one hand, and between Buddhism and Hinduism on the other. Archaeological evidence of the



structure and other remains favour dating the 'Gedige' to the period between the 8th and 10th century AD. According to tradition these ruins are believed to be located right at the central point of the island of Sri Lanka. The sacred edifices are positioned on a wide open square terrace surrounded by waters of the Mahaweli bordered by a range of hills, thus providing an enchanting and picturesque view to the visitor.

Thereafter, continue to your next destination - Kandy
En route stop (optional) at the wood carving factory and at the spice garden in Matale

Visit the Aluvihare temple

Ancient Aluvihara cave temple, which is of great significance in the history of Buddhism. It was here that the oral teachings of the Buddha, the Tripitaka, were committed to writing for the first time in 3rd century AD. The language of these Buddhist scriptures, Pali, influenced the development of the Sinhala language. The Aluvihara temple consists of large caves with Buddha images and frescoes. Further in is a cave dedicated to Venerable Buddhagosa, a Buddhist monk, who spent several years in this cave documenting the doctrines of the Buddha in Pali.



Transfer to the selected hotel

Check in at the hotel

Overnight Stay at Hotel (Select as per your budget)

Day 8 - KANDY – PINNAWALA – PERADENIYA – KANDY

Breakfast at the hotel

Transfer to Pinnawala

Visit the Pinnawala Elephant Orphanage

The Pinnawala elephant orphanage has not only got the largest captive herd of elephants in the entire world but it also has become the most successful elephant breeding center, according to reports. The elephant orphanage was established with seven orphans today has a population of sixty three. The elephant orphanage now boasts of its sixteenth birth and the second generation of births in captivity. It has become a major tourist attraction because of its uniqueness. This is an ideal site for photography, research and education on elephants as the visitor is able to observe a large herd comprised of week old babies to sixty year olds.



At Pinnawala an attempt was made to simulate, in a limited way, the conditions in the wild. Animals are allowed to roam freely during the day and a herd structure allowed forming. 09.00 / 11.00 / 13.00 - The babies are fed on milk and allowed to range freely on the 12 acres of large grassland. 10.00 Each morning and afternoon 14.00 the animals are walked 400 meters to the river Maha Oya for a two-hour bath. Between 16.30 and 18.00 in the evening the animals are taken to their stalls and tethered for the night.

Return to Kandy

Visit the Peradeniya Botanical Gardens.

Peradeniya botanical garden was first built as a pleasure garden by a Sinhala king and was expanded by the British. It is 147 acres in extent and provides an amazing variety of trees, plants and flowers.



In the afternoon, **do a city tour of Kandy** including a visit to the Temple of the Tooth. Kandy was the last capital of the Sri Lankan kings and is a World Heritage Site. The name "Kandy" conjures visions of splendor and magnificence. Many of the legends, traditions and folklore are still lovingly kept alive. Drive around the Kandy Lake built by the last Sinhalese king, Sri Wickrama Rajasinghe in 1798. Visit the Kandy town and bazaar, the arts and crafts centre, a gem museum and a lapidary.



Around 6 pm, witness a traditional Sri Lankan cultural show.

Return to the hotel in a famous tuk tuk (3 wheeler)

Free time for shopping (optional)

Overnight Stay at Hotel (Select as per your budget)

Day 9 - KANDY – DAMBANA – KANDY

Breakfast at the hotel

Transfer to Dambana.

Full Day excursion programme with the Veddah community or Wanniya-laeto (forest- dwellers)

The resplendent island known to be Sri Lanka in its native language Sinhala continues to live up to its definition to be gleaming and brilliant. Perhaps the earliest inhabitants in this splendid country were the forefathers of the aboriginal group of people called Veddahs who came as early as prior to 6th century B.C. before they were besieged by the next inhabitants. They lived in the forest for many centuries keeping their way of living in harmony with the forest. The few remaining Veddah communities are determined that their way of life will continue into future generations and still retains much of their own distinctive cultural identity, indigenous language, a traditional lifestyle and occupations including hunting, honey gathering, and chena cultivation. A visit to Dambana will give an opportunity to meet, have a meal and interact with this community of indigenous people and learn about their lifestyle



Return to the hotel

Overnight Stay at Hotel (Select as per your budget)

Day 10 - KANDY – TEA PLANTATIONS – NUWARA ELIYA

Breakfast at the hotel

Local Train ride to the mountains

Visit a tea plantation and a factory. You will pass the excellent landscapes of Sri Lanka.

Visit a tea plantation and a tea factory, where the best tea in the World is produced. Here you could observe all about the process of Manufacturing tea. You can also see how tea is graded. Taste a cup of Pure Ceylon tea in the factory.



In the afternoon, **do a city tour of Nuwara Eliya**

Nuwara Eliya, because of its invigorating mountain climate and scenery, is Sri Lanka's most popular hill Resort. Nuwara Eliya is also the heart of Sri Lanka's tea country producing a significant share of the world's Best tea. Sri Lanka's highest mountain Pidurutalagala (8282 feet) is located here.

Nuwara Eliya also has one of the finest 18 hole golf courses in South Asia.



Transfer to the selected hotel

Check in at the hotel

Overnight Stay at Hotel (Select as per your budget)

Day 11 - NUWARA ELIYA – BUDURUWAGALA – YALA OR UDAWALAWE

Breakfast at the hotel

Transfer to Yala

En route **visit Buduruwagala temple**

The ancient rock carvings at Buduruwagala, close to Welawaya, date back to the 8th century.

Seven gigantic Buddhist figures are sculpted into a 70ft cliff including a colossal image of Lord Buddha spanning a height of about 50ft.

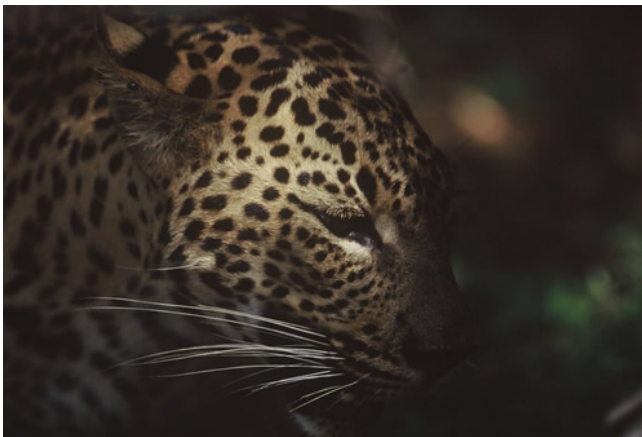


In the late afternoon, go wild in style.

Game drive to the Yala OR Udawalawe National Park by safari vehicle 4x4

YALA NATIONAL PARK

Yala is the largest National Park in Sri Lanka comprising a diversity of habitats including scrub jungles, tanks, brackish lagoons and riverine habitat and is the home of wild elephants, wild boar, wild buffalo, leopard, bear, deer and crocodiles. You can also see large flocks of migratory and indigenous birds. The best park in the country for viewing mammals



UDAWALAWE NATIONAL PARK

This park is world famous for its Elephants, seen in all their playfulness, whole herds of them, adults and babies bathing and playing in the water or feeding. Two of the most striking features within the Udawalawe National Parks that falls within the Samaragamuwa and Uva Provinces and between Udawalawe Reservoir and Walawe River. The scenic beauty of the mountain ranges that keep on winding endlessly on the Balangoda, Kalthota and Haputale escarpments surrounds the park. In addition to the Elephants many species of Deer, other prominent wild animals are found in this park.

Transfer to the selected hotel

Check in at the hotel

Overnight Stay at Hotel (Select as per your budget)

Day 12 - YALA – WELIGAMA – GALLE – AMBALANGODA – KOSGODA - SOUTH COAST

Breakfast at the hotel

Transfer to Galle

En route visit the **stilt fishermen in Weligama**

Stilt fishing is a popular fishing method in the area and very beautiful scenery to watch
Especially during sunset.



Do a city tour of Galle

The capital of the southern province is a city with a colourful history. UNESCO declared World Heritage Site the magnificent Dutch fort is the most popular attraction of the town. 300 year old Dutch atmosphere is still very much alive around the fort and amidst its many historical buildings not invaded by the skyscrapers. The beautiful beach of Unawatuna is just 6km south east of the city centre. The southern coastal belt is the most popular among the tourists and comes to life mainly from October through April when the monsoon moves northeast and the sea becomes calm with blue skies. The earliest European administrative centre of Sri Lanka was the major port and the largest city until the British shifted the port to Colombo. The City of Galle had been the European administrative centre over 4 centuries.



In the afternoon, proceed to the beach hotel visiting the following. (if interested)
Ambalangoda Mask Factory & Kosgoda Turtle Farm

Ambalangoda

Ambalangoda is a charming seaside town on the south-western coast. It is the home of the mask carvers. These colorful masks are used by dancers performing exorcist rituals and folk dances. There is also an Old Dutch Church.



Kosgoda

Turtle hatchery in Kosgoda which is being operated by the Wild Life Protection Society of Sri Lanka. Several species of turtles, especially the endangered hawksbill are protected here. Most vulnerable of all are their eggs, which are left uncovered on beaches all around the coast. The goodwill of Kosgoda area Fishermen who bring these eggs gratis to the hatchery have led to the hatching and have released around 100,000 young turtles in only two years since the hatchery opened.



Transfer to the selected beach hotel
Check in at the hotel
Overnight Stay at Hotel (Select as per your budget)

Day 13 - SOUTH COAST

Breakfast at the hotel
Full Day at leisure
Overnight Stay at Hotel (Select as per your budget)



Day 14 - SOUTH COAST – COLOMBO

Breakfast at the hotel

Leave for Balapitiya and proceed on a boat excursion to the inland islands
Proceed by a boat on which you will be taken for about two hours. Here you could see the villagers taking part in their day to day activities and some Islands.



Thereafter, proceed to Colombo

In the late afternoon, do a city tour of Colombo
Colombo like many capital cities in developing countries is fast changing its face. Almost overnight, skyscrapers arise from where old buildings once stood. Yet in some parts, the old world

charm is retained.

For example, there is a 100-year-old clock tower and several British built colonial buildings. Other places of interests are the Pettah bazaar - where one can shop for bargain, a Hindu and a Buddhist temple, residential areas where you find the stately homes of the affluent, the Bandaranaike Memorial International Conference Hall (BMICH) an outright gift to Sri Lanka from the People's Republic of China.



Transfer to the selected hotel
Check in at the hotel
Overnight Stay at Hotel (Select as per your budget)

Day 15 - COLOMBO – AIRPORT

Breakfast at the hotel
Transfer to Airport for departure

End of Services!

Hotels Proposed:

AREA	NIGHTS	BUDGET	3* HOTELS	4* HOTELS	5* HOTELS	EXCLUSIVE
Negombo	1	Camelot Beach (Negombo)	Browns Beach (Negombo)	Club Dolphin (Waikkal)	The Beach (Negombo)	The Wallauwa (Kotugoda)
Cultural Triangle	5	Kassapa Lion's Rock (Kimbissa)	Sigiriya Village (Sigiriya)	Angsana Deer Park (Giritale)	Heritage Kandalama (Dambulla)	Vil Uyana (Sigiriya)
Kandy	3	Senani Hotel (Kandy)	Hill Top Hotel (Kandy)	Amaya Hills (Kandy)	Mahaweli Reach (Kandy)	Kandy House (Kandy)
Nuwara Eliya	1	Galway Forest Lodge (Nuwara Eliya)	St. Andrews Hotel (Nuwara Eliya)	Governors Chalets (Nuwara Eliya)	Tea Factory 4*+ Hotel Kandapola (Nuwara Eliya)	Tea Trails (Hatton)
Yala OR Udawalawe (optional)	1	Tissamaharama Rest House (Tissamaharama)	Priyankara Hotel (Tissamaharama)	Mandara Rosen (Kataragama)	Elephant Reach 4* - Chalet (Kirinda)	Mahooru Luxury Camping (Yala)
South West Coast	2	Emerald Bay Hotel (Induruwa)	Serendib Hotel (Bentota)	Riverina Hotel (Beruwela)	Taj Exotica Hotel (Bentota)	Aditya (Hikkaduwa)
Colombo	1	Pegasus Reef Hotel (Hendala)	Ceylon Continental (Colombo)	Taj Airport Garden (Seeduwa)	Colombo Hilton (Colombo)	Tintagel (Colombo)

OR Similar Hotels

NOTE: If Udawalawe visit – Hotels will be changed

Quotation (US Dollar):

	BUDGET	3* HOTELS	4* HOTELS	5* HOTELS	EXCLUSIVE
1 Pax					
2 Pax					
3 - 4 Pax					
5 - 6 Pax					
Single room Supplement					
5 Dinners					On request
5 Lunches					On request

Please Note:

- **NET Prices are per person** sharing double room including all government taxes
- These rates are subject to change without prior notice in the event government changes the tax policy.
- Single room supplement NOT applicable for 1 Pax.
- Child Policy - Discount for children from 2-12 years sharing parents room: 40% on the per person sharing double room rate
- 3rd Person Policy - Discount for the 3rd person sharing a triple room: 10% on the per person sharing double room rate
Please note that the extra bed in a triple room will be a foldable and rollaway bed.

Value added services (FREE):

- Airport Meet & Greet
- Bicycle ride, local train ride, tuk tuk ride - experience during the tour
- Visit to the Cultural Show in Kandy

- Visit to a Tea Plantation and Factory
- Few more surprises.....on confirmation of the booking

What's Included:

- Price per person on half double
- 14 nights on bed & breakfast basis at the selected hotels – Standard rooms
- Air-conditioned Car (2 Pax) or Mini Van (3-6 Pax) with English speaking licensed chauffeur guide
- Entrance Fees to Yapahuwa, Anuradhapura, Isurumuniya, Sri Maha Bodiya, Mihintale, Sigiriya, Aukana, Polonnaruwa, Nalanda Gedige, Aluvihare Temple, Dambulla Rock Temple, Temple of the Tooth in Kandy, Pinnawala Elephant Orphanage, Dambana Veddah Village, Peradeniya Botanical Gardens, Buduruwagala temple, Yala National Park + jeep, Turtle visit in Kosgoda and Boat ride in Balapitiya
- Local Taxes
- Prices are valid till 30th April 2010

What's NOT Included:

- International & **Domestic** Flights
- Optional Excursions –
- Lunch & Dinner throughout the tour
- Compulsory Christmas (24th) & New Year (31st) Eve dinner supplements
- Peak period Supplement – 20th December 2009 to 15th January 2010
- Drinks during meals
- Any other services not mentioned in the programme
- Gratuities and expenses of personal nature

Special Rates for Domestic flights



Helicopter transfers

Responsible Travel:

- You could make a direct donation to a Rural village school, children's' home OR an elderly home during your trip. We could incorporate this into the tour as per your wish without a cost – we care!

NOTE : This trip could be combined with a short stay in the Maldives
: Any programme could be tailor made to suit your requirement. We are flexible

info@srilankaexpress.com

Drop a mail to

Let **Sri Lanka Express** surprise you!
In Sri Lanka you ain't seen anything yet!