



**Explore Sri Lanka**  
**10 Days / 9 Nights**



**Day 1 - AIRPORT – CULTURAL TRIANGLE**

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  
Transfer direct to the cultural triangle by road (4 hours drive) or by air (45 minutes)

Arrive at the hotel & Check in  
Check in – 12h00

Rest of the day, at leisure  
**Overnight Stay at Hotel (Select as per your budget)**



**Day 2 - 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 (2<sup>nd</sup> 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 Cetiyaigiri 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)**

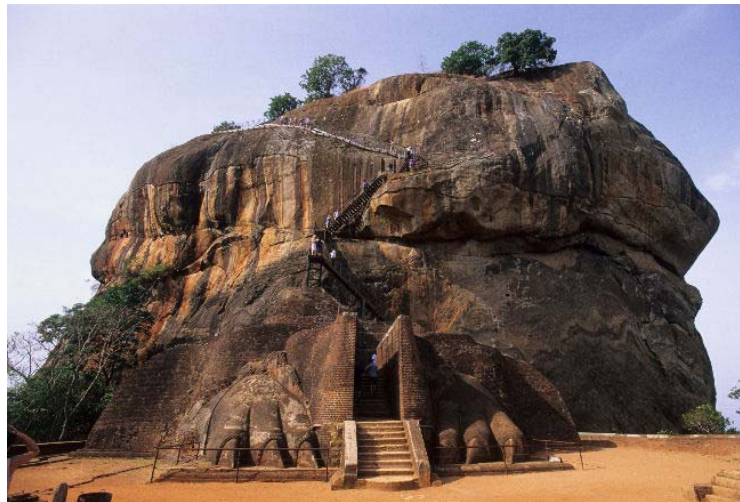
**Day 3 - CULTURAL TRIANGLE – SIGIRIYA – POLONNARUWA – MINNERIYA – CULTURAL TRIANGLE**

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 Polonnaruwa

**Visit the Polonnaruwa ruins by bicycle**

It was the 2nd capital city of Sri Lanka built in the 11th and 12<sup>th</sup> 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.



In the late afternoon, transfer to Minneriya

**Go wild in style – Game drive to the Minneriya National Park by safari vehicle 4x4**

The extent of the Minneriya National Park is about 8,889 hectares. There are wet-lands in this National Park, which have international importance, animal and Plant species, which are plenty in dry zone, are found in this park. Wild elephants, various amphibians, local and immigrant bird species are plenty in this park. About 160 species of birds, 09 amphibians, 25 reptiles' species, 26 fish species and more than 78 butterfly species have been found in this area. There are bamboos trees which are rare in other parks and wild elephants can be seen conveniently. The significant feature is that these elephants can be seen going closer to them.



Return to the hotel

**Overnight Stay at Hotel (Select as per your budget)**

**Day 4 - CULTURAL TRIANGLE – DAMBULLA – MATALE – KANDY**

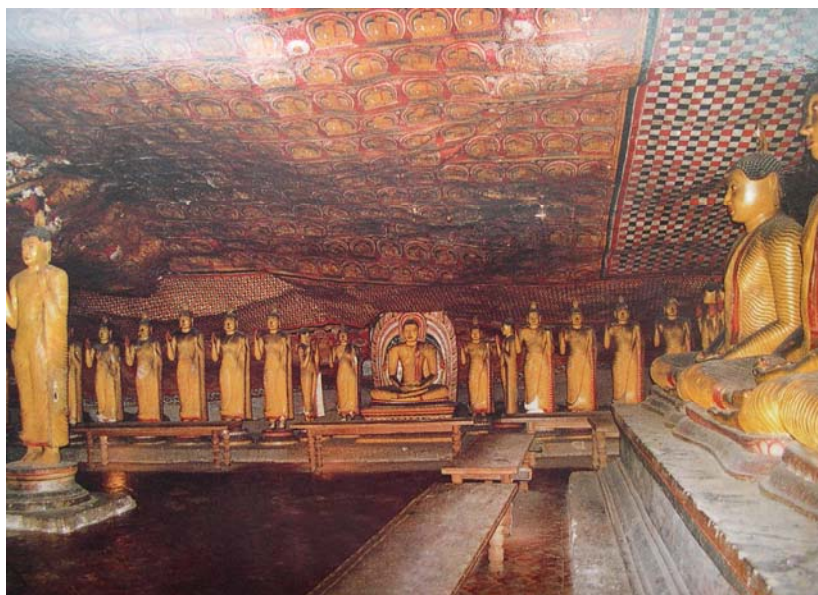
Breakfast at the hotel

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 m<sup>2</sup>. Depictions in the walls of the caves include Buddha's temptation by demon Mara and Buddha's first sermon.



Thereafter, continue to your next destination - Kandy

En route stop (optional) at the wood carving factory and at the spice garden in Matale.

Visit a spice garden in Matale to see different spices for which Sri Lanka is famous. Here, clients could see different spices and how some of these spices are grown and processed. Witness a Cookery demonstration.



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.



Transfer to the selected hotel in a famous tuk tuk (3 wheeler)

Check in at the hotel

**Overnight Stay at Hotel (Select as per your budget)**

## Day 5

### - 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.

Free time for shopping (optional)

**Overnight Stay at Hotel (Select as per your budget)**



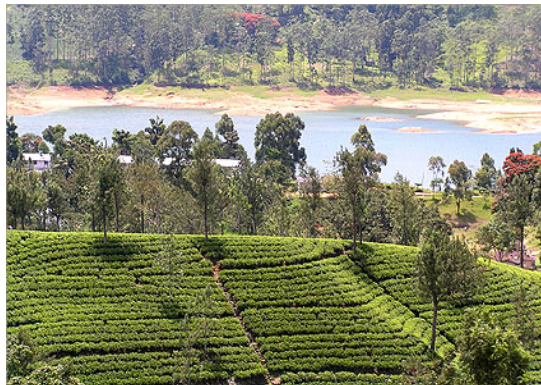
**Day 6 - KANDY – TEA PLANTATIONS – NUWARA ELIYA**

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 Lankas most popular hill Resort. Nuwara Eliya is also the heart of Sri Lankas tea country producing a significant share of the worlds 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 7 - NUWARA ELIYA – ADAMS PEAK OR HORTON PLAINS – NUWARA ELIYA**

Breakfast at the hotel

Leave to the selected site

Visit Adams Peak OR Horton Plains with picnic lunch

**HORTON PLAINS NATIONAL PARK**

"Maha-Eliya" in Sinhala, is a national park in the highlands of Sri Lanka. It lies at a height of more than 2000m in the central highlands, and its altitude means that it has a much cooler and more windy climate than the lowlands of Sri Lanka, with a mean annual temperature of 16°C rather than the 26°C of the coasts. In the winter months it is cold at night, and there can even be frosts, although it rapidly warms up as the tropical sun climbs higher in the sky.

It can be accessed by travelling from Nuwara Eliya through "Ohya", a small town with a Railway station. The road starting up from Ohiya Railway Station leads to the park and it goes across the park and climbs down to "Pattipola". There is a railway at "Pattipola". To hikers who like to get some adventure experience can travel by the trail starting from "Belihuloya". this trail climbs all the way to the "Worlds-end".

The park covers 31.60 km<sup>2</sup>, and is a mixture of highland forest and wet grassland.

This is a key wildlife area. Species found here include Leopard, Sambar (Sri\_Lankan\_Sambar\_Deer) and the endemic Purple-faced Langur. All six highland endemic birds are found here, including Dull-blue Flycatcher, Sri Lanka White-eye, Sri Lanka Wood Pigeon and Sri Lanka Bush Warbler. Yellow-eared Bulbul and Black-throated Munia are widespread throughout the highlands.

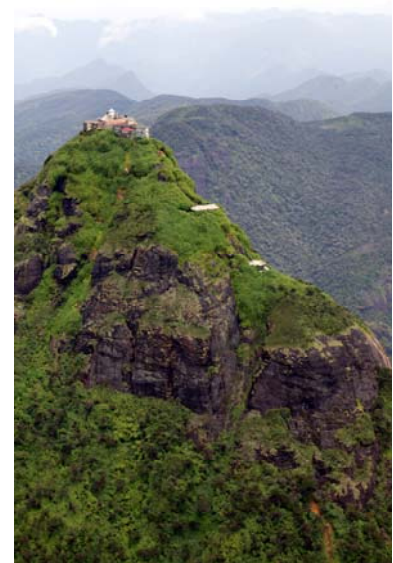
The park also has a well-visited tourist attraction at World's End, a sheer precipice with a 1050m drop. The return walk passes the scenic Baker Falls. Early morning visits are essential, both to see the wildlife, and to view World's End before mists close in during the later part of the morning.



### **ADAMS PEAK**

The most famous physical feature of Ceylon is Adam's Peak, which is situated in the Ratnapura district. It is on the edge of the central massif but its surrounding group of mountains called the wilderness of the Peak, is so extensive in comparison to the bulk of the other mountain groups that it appears to form a nucleus of its own, separate from the others. It is about 7500 ft high and, though it is the second highest peak in the land, its position in relation to the topography is so dominant that it stands out above all others.

The Peak has been the object of worship a pilgrimage by kings and commoners alike over the centuries. The "Season" for pilgrims is during the calm bright months of December to April when the incredible sunrise produces the famous spectacle known as the "Shadow of the Peak", which leaves all who have seen it spellbound. The climb to the peak will take Approximately 3 hours. The physical features of a land are often spoken of first, by a foreign visitor. Physical descriptions compare it to a pearl and a teardrop. Lying at the



southern point of India its pendant shape appears like a drop of water as it falls. South of it there is nothing but the Antarctic. It is on the major sea route between West and East Asia and therefore was a trading station for the Arabs and a trading station and a colony for the Portuguese, the Dutch and the British. The Arabian Nights has possibly the first reference to it. Now the island of Serendib lieth under the equinoctial line, its night and day both numbering twelve hours. It measureth eighty leagues long by a breadth of thirty and its width is bounded by a lofty mountain and a deep valley. The mountain is conspicuous from a distance of three days and it contains many rubies and other minerals, and spice trees of all sorts. I ascended that mountain and solaced myself with a view of its marvels which are indescribable and afterwards I returned to the King. (Sixth Voyage of Sindbad the Sailor, from The Thousand and One Arabian Nights)

Return to the hotel

**Overnight Stay at Hotel (Select as per your budget)**

**Day 8 - NUWARA ELIYA – RATNAPURA – SOUTH COAST**

Breakfast at the hotel

Leave for Ratnapura. You will pass the excellent landscapes of Sri Lanka.

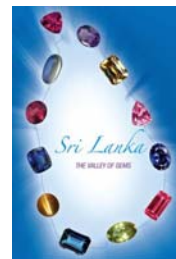
In the afternoon, do a city tour of Ratnapura

Ratnapura is home to a long-established gem industry. It is here that villagers from the surrounding gem fields gather to sell their precious stones to local gem merchants, international traders and tourists.

Nature lovers should not miss the Sinharaja tropical rainforest. (visit not included)

Declared by UNESCO as an International Man and Biosphere Reserve, trekking through this bewildering land of exotic colours and wonderful sounds is an experience of a lifetime.

Ratnapura's National Museum - Housed in the Ehelapola Walauwa, this museum displays ancient historic artifacts from the Sabaragamuwa region and provides information about Ratnapura's gem industry. The museum is closed on Thursdays & Fridays.



Transfer to the selected beach hotel

Check in at the hotel

**Overnight Stay at Hotel (Select as per your budget)**

**Day 09 - SOUTH COAST**

Breakfast at the hotel

Full Day at leisure

**Overnight Stay at Hotel (Select as per your budget)**

**Day 10 - SOUTH COAST – AIRPORT**

Breakfast at the hotel

Transfer to Airport for departure



**End of Services!**

**"Ayubowan"**

**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!

Drop a mail to [colombo@srilanka-express.com](mailto:colombo@srilanka-express.com)

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