



YOUR TRAVEL ITINERARY...

Sri Lanka Culture

11 Nights / 12 Days

**Day 01:**

Arrive at Colombo International Airport, where our representative will meet and assist you. You will then be introduced to your chauffeur/guide who will take care of you for the duration of your tour.

Leave directly for Dambulla and check-in at hotel.

Spend the rest of the day at leisure.



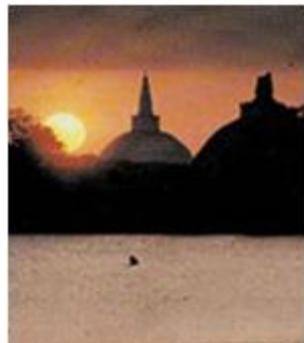
**Dinner, and overnight stay at hotel in Dambulla**

**Day 02:**

After breakfast, leave for Mihintale to visit the ancient mountain monastery, considered to be the cradle of Buddhism in Sri Lanka.

Thereafter continue to Anuradhapura for sightseeing in the ancient city. The oldest capital founded in the 5th century BC, saw the Golden age of culture of Sri Lanka. Sites of note are the Sacred Bo tree, grown from a sapling of the very tree under which Lord Buddha attained nirvana and the oldest historically authenticated tree in the world, Ruwanweli Seya dagoba, and many other stupas, the Samadi Buddha statue, remains of many temples, palaces, ponds, parks etc. The recent excavations of the old city have unearthed foundations of buildings and artifacts from as far back as the 9th century BC.

In the evening, return to hotel in Dambulla.



**Dinner and overnight stay at Hotel in Dambulla**



Visiting address

Travelways AB  
Kungsgatan 57 C  
753 21 Uppsala, Sweden

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YOUR TRAVEL ITINERARY...

**Day 03:**

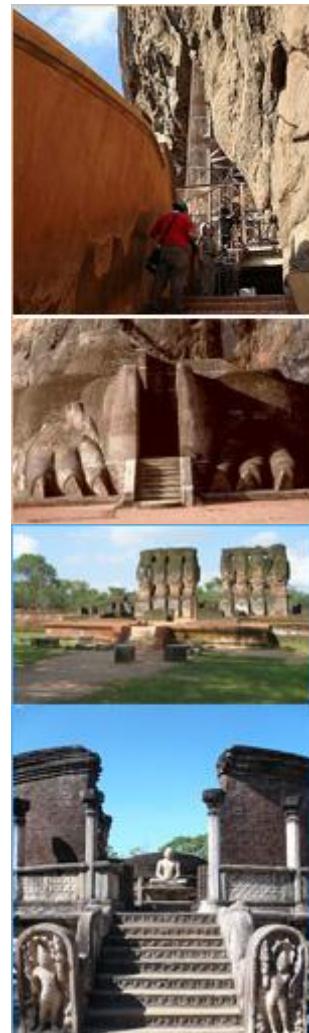
Breakfast at hotel and leave for Sigiriya to climb the 5th century AD rock fortress. The rock fortress of Sigiriya built by king Kassapa, has been designated a World Heritage Site by UNESCO. The lion shaped rock rises 200 meters from the scrub jungle below, and is ringed by moat and ramparts and beautified in its day by landscaped gardens, the best preserved in Asia of the first millennium.

A sheltered pocket in the rock holds the world famous frescoes of the heavenly maidens of Sigiriya. View the frescoes and the mirror wall, a polished surface, where ancient travelers recorded their impressions in prose and verse, an early form of graffiti inspired by the beauties of Sigiriya. Steps guarded by the remains of a pair of giant carved lion's paws lead to the ruins of the palace complex at the summit. The view from here is magnificent.

Afterwards continue to Polonnaruwa.

Polonnaruwa, another UNESCO designated World Heritage Site, was the second great capital of the island, from the 11th to 13th century A.D. with some well preserved ruins within the walled city. The ruins of the royal palace, the king's council chamber and audience hall, many temples and image houses showcase some fine examples of sculpture and carving from the era, especially at Gal Vihara, where images of the Buddha have been carved out of the living rock. In the environs of Polonnaruwa you may also view some of the finest man-made lakes built by kings of yore, an important feature of the glorious hydraulic civilization of Sri Lanka.

**Dinner and overnight stay at Hotel in Dambulla**



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### **Day 04:**

After breakfast visit the cave temple of Dambulla.

The ancient cave temple consists of a series of five caves the dwelling of meditating Buddhist monks dating from the 1st century AD. Experience the atmosphere of this holy shrine as you wonder through the caves with every inch of wall decorated by murals depicting the life of the Buddha. It also houses many images of the Buddha.

Afterwards leave for Kandy.

En route visit a spice garden in Matale.

The spices produced in Sri Lanka from ancient times, mainly cinnamon, was one of the prized commodities that led to fierce competition by many western powers to colonize the island. Spend a relaxing hour getting to know the various aromatic spices and preparations produced for export as well as domestic use Continue to Kandy, and check-in at your hotel.

In the evening view a cultural performance and a fire-walking display.



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### **Dinner and overnight stay at Hotel in Kandy**

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### **Day 05:**

Breakfast at hotel and commence sightseeing in Kandy, the last stronghold of the Sinhala kings. Visit the Temple of the Sacred Tooth Relic of the Buddha.

The Temple of the Tooth is a fine example of Kandyan architecture and houses the holiest relic of Buddhists of Sri Lanka. The elaborate rituals and traditions that surround this relic and the temple are colourful and interesting.

Visit the marketplace and an art and craft showroom. Thereafter visit the Botanical Gardens of Peradeniya which boasts a large collection of rare, exotic and endemic species of flora.



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### **Dinner /overnight stay at hotel in Kandy**

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**Day 06:**

After breakfast leave for Peradeniya railway station to embark on a scenic train journey from Peradeniya to Nanu Oya, passing beautiful tea country and many beautiful waterfalls. Disembark at Nanu Oya station and continue to Nuwara Eliya.

Drive around the quaint town of Nuwara Eliya enjoying the sites of this quaint town, developed by the 19th century British colonial settlers. The older buildings featuring Georgian and Edwardian architecture and the pretty flower gardens give this town the nostalgic charm of an old English village.

**Dinner and overnight stay at Hotel in Nuwara Eliya**



**Day 07:**

Breakfast at hotel, and leave for Bentota, the premier beach resort on the west coast of the island.

Check-in at hotel in Bentota, and spend the rest of the day at leisure by the beach.

**Dinner and overnight stay at Hotel in Bentota**



**Day 08 - Day 10:**

Breakfast at hotel.

Spend the day at leisure by the beach.

**Dinner and overnight stay at Hotel in Bentota**



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**Day 11**

Breakfast at hotel. Leave for Colombo.

Commence a city tour of Colombo.

Colombo is the commercial capital of the island. It came into prominence after the Portuguese colonialists first built a fort here in the 16th century. It has remained the centre of trade and commerce to date. Today it presents a fascinating mix of cultures and ethnicities. Many interesting churches, kovils, mosques and temples offer a glimpse into the diversity of the inhabitants of the city.

Drive through the residential area of Colombo 7 and the main shopping areas. Drive around the Fort, the city centre where grand colonial buildings stand alongside modern office structures, through the bustling bazaars of Pettah and past city landmarks like the Town Hall and the old parliament buildings, and the seafront promenade of Galle Face. Experience the colourful diversity of the bustling city.

Continue to your hotel in the outskirts of Colombo.



**Dinner and overnight stay at Hotel in Colombo**

**Day 12:**

Breakfast at hotel. Leave for the airport for your departure flight.



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YOUR TRAVEL ITINERARY...

**Sri Lankan Culture – tour at a glance**

**Tour of 11 nights / 12 days**

Day 1 - Arrival  
Relax at hotel

Day 2 - Mihintale shrine  
Ancient city of Anuradhapura

Day 3 - Rock Fortress of Sigiriya  
Ancient city of Polonnaruwa

Day 4 - Cave temple of Dambulla  
Spice garden in Matale  
Cultural performance in Kandy

Day 5 - Temple of the Sacred Tooth Relic  
Botanical Gardens of Peradeniya

Day 6 - Train ride to Nuwara Eliya  
Sightseeing in Nuwara Eliya town

Day 7 - Beach stay in Bentota  
to  
Day 10

Day 11 - Colombo City Tour

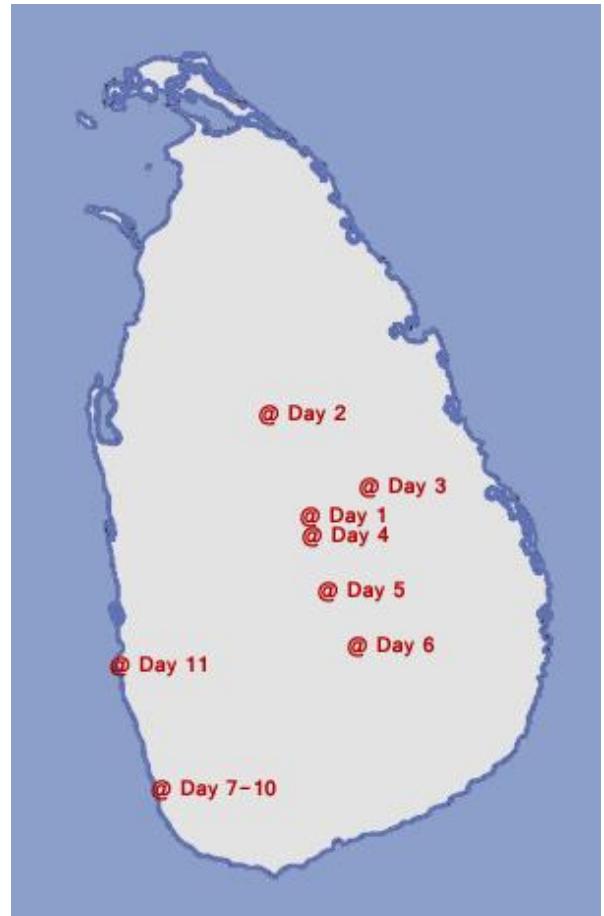
Day 12 - Departure

**Prices include:**

- 01 Meeting on arrival and assistance on arrival and departure at the airport
- 02 Transportation by air-conditioned car (up to 02 persons) or micro van (3-6 persons) with services of an English speaking chauffeur/guide, and air-conditioned mini coach (7-10 persons) with separate English speaking guide
- 03 Accommodation at hotels given below or at similar properties depending on availability at the time of booking tour.

**Standard category hotels:**

Sunset Beach Hotel, Negombo  
Pelvhera Village, Sigiriya  
Devon hotel, Kandy  
Leisure Village, Nuwara Eliya



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Induruwa Beach Resort  
PT Gardens, Kelaniya

Mid range category hotels:

Goldi Sands Hotel, Negombo  
Thilanka Resort & Spa, Dambulla  
Hotel Suisse, Kandy  
Binota Residency, Nuwara Eliya  
Club Bentota, Bentota  
Pegasus Reef Hotel, Uswetakeiyawa

- 04 Meals on Half board basis with breakfast and dinner starting with dinner on day 1 and ending with breakfast on final day
- 05 Entrance fees to all sites mentioned in the itinerary and cost of ayurveda treatment of 1 hour

Prices do not include lunches, beverages and items of a personal nature such as laundry, telephone calls etc.

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