

## **DAY 01 AIRPORT / NEGOMBO** Drive Time: Approx. 30 Min

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Upon arrival accommodation: Jetwing Ayurveda Pavilion (STD Room)  
Meals: Dinner

## **DAY 02 & DAY 03 NEGOMBO**

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Your wellness journey with traditional Ayurvedic treatments from ancient Sri Lanka at Ayurveda Retreat.

Walk leisurely on the beach roads.

Accommodation: Jetwing Ayurveda Pavilion (STD Room)

Meals: Breakfast / Lunch / Dinner

## **DAY 04 NEGOMBO / KANDY** Drive Time: Approx. 3 ½ hours

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Visit Temple of the Sacred Tooth Relic and local markets.

Accommodation: Aarunya Nature Resorts (STD Room) <https://www.aarunyasort.com/>

Meals: Breakfast / Dinner

## **DAY 05 KANDY**

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After your breakfast relax at the hotel.

Aarunya nature resort is an amazing, secluded place in the heart of Sri Lanka. The place amazes with views from the window and wonderful baths in their infinity pools. The area where the hotel is located is quite large and very diverse. Here you will see the beautiful vegetation of Sri Lanka and have a cup of tea from their own crops!

Engage with the Ayurveda treatments according to your body type and illness (Optional)

Accommodation: Aarunya Nature Resorts (STD Room) <https://www.aarunyasort.com/>

Meals: Breakfast / Dinner

## **DAY 06 KANDY / ELLA / WELLAWAYA** Drive Time: Approx. 4 ½ hours

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En route stop at Ella.

Some of the places you could see in Ella are the Ella Gap, Ravana Ella Falls, Little Adam's Peak & other many varied pleasant walks with stunning scenery.

Accommodation: Jetwing Kaduruketha (DLX Room)

<https://www.jetwinghotels.com/jetwingkaduruketha/#gref>

Meals: Breakfast / Dinner

## **DAY 07 WELLAWAYA**

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Enjoy Sri Lankan village life filled with natural wonders to behold.

Engage in the spa treatments in the hotel. (Optional)

Optional Activities in the hotel: Bird watching

Organic gardening and cookery demonstration, Paddy field walk, Village walk,

Cycling to Ella Wala waterfall

Visit archaeology sites

Accommodation: Jetwing Kaduruketha (DLX Room)

<https://www.jetwinghotels.com/jetwingkaduruketha/#gref>

Meals: Breakfast / Dinner

## **DAY 08 WELLAWAYA / KOGGALA** Drive Time: Approx. 2 ½ hours

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En route visit Buduruwagala archeological site.

Accommodation: TRI KOGGALA (STD Room) <https://www.revealthecollection.com/>

Meals: Breakfast / Dinner

## **DAY 09 / DAY 10 KOGGALA**

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Immerse yourself in traditional and ancient Ayurveda treatments that will revitalize your mind, body and soul. (Optional)

Optional activities:

Galle city tour

Jeep safari in Udawalawe national park

Whale watching in Mirissa

Bundala bird sanctuary

Accommodation: TRI KOGGALA (STD Room) <https://www.revealthecollection.com/>

Meals: Breakfast / Dinner

## **DAY 11**

### **DEPARTURE**