

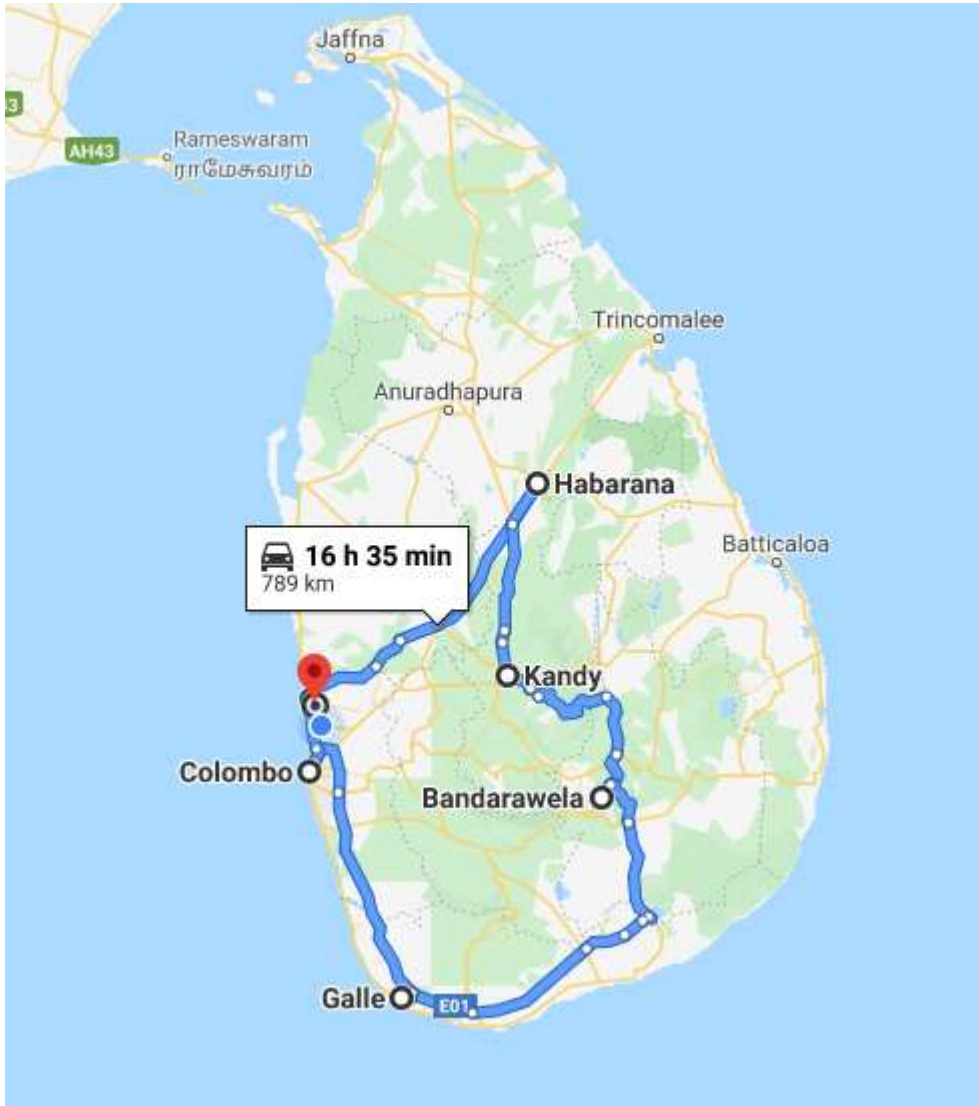
WELLNESS & CULINARY

11 NIGHTS 12 DAYS – STD PACKAGE



NEGOMBO / HABARANA / DAMBULLA / KANDY / BANDARAWELA / GALLE /
COLOMBO

ROUTE



A culinary experience in Sri Lanka is a melting pot of cuisines in which food plays a vital role to express the islands cultural identity.

Travel with us and experience a remarkable holiday of a lifetime! Enjoy holistic healing and total rejuvenation of mind, body and soul through yoga & traditional Ayurveda.

Relax your mind, re-energize your spirit and rejuvenate your body during your holiday in Sri Lanka which offer the perfect balance of healthy experiences and awe-inspiring destinations.

TOUR ITINERARY

DAY 01 AIRPORT / NEGOMBO Drive Time: Approx. 30 min

Upon arrival accommodation: Amagi Lagoon Negombo 3*+ (SUPR Room)
Meals: No meals

DAY 02 NEGOMBO



City tour in Negombo. Boat safari in Negombo lagoon. Experience the Sri Lankan fishing culture, its people and their lifestyle, enjoy tasty blends of BBQ cuisine with sea food cooking experience before the dinner.

Accommodation: Amagi Lagoon Negombo 3*+ (SUPR Room)
Meals: Breakfast & Dinner

DAY 03 NEGOMBO / HABARANA Drive Time: Approx. 4 ½ hours

Early morning (3.00 – 4.00 am) you will be visiting “Lellama” (the local fish markets), an auction which contains many species of fresh fish. This is located across the lagoon bridge, near the Old Dutch Gate.

Check in to the Ayurveda retreat for lunch (Non-alcoholic vegetarian foods)

All Ayurveda treatments are based on individual diagnosis, acupuncture treatment, yoga and meditation and more.

Accommodation: Athreya Ayurveda Ashram 3* (STD Room)
Meals: Breakfast / Lunch & Dinner

DAY 04

HABARANA / SIGIRIYA ROCK FORTRESS / HABARANA Drive Time: Approx. 30 min



Attend to morning Yoga session at the retreat.

Visit and climb the iconic Rock Fortress of Sigiriya. Lunch is at the retreat (Non-alcoholic vegetarian foods).

In the evening get a hands-on cooking experience in the traditional setting of a mud hut. Here you will learn how to prepare and cook few vegetarian Sri Lankan dishes such as gotukola sambola (Indian pennywort salad), rathu alla hodi (beetroot curry) etc.

Accommodation: Athreya Ayurveda Ashram 3* (STD Room)

Meals: Breakfast / Lunch & Dinner

DAY 05

HABARANA / MINNERIYA NATIONAL PARK / HABARANA Drive Time: Approx. 15 Min



Morning Yoga session at the retreat.

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

Lunch is at the retreat (Non-alcoholic vegetarian foods).

In the evening you will be drive to enjoy the game ride at Minneriya National Park, this is a sanctuary for elephants.

Accommodation: Athreya Ayurveda Ashram 3* (STD Room)

Meals: Breakfast / Lunch & Dinner

DAY 06

HABARANA / MATALE SPICE GARDEN / KANDY Drive Time: Approx. 3 hours

Morning Yoga session at the retreat.

Engage in Ayurveda treatments. Your mind, body and soul will be in perfect harmony after the Ayurveda treatments.

In the evening visit Temple of the Sacred Tooth Relic in Kandy.



Witness the cultural show enhancing the rich and vibrant culture of the Wonder of Asia, Sri Lanka.

Accommodation: Kandy Samadhi Centre 3* (STD Room)

Meals: Breakfast & Dinner

DAY 07 KANDY

Morning Yoga session at the retreat. Afterwards, enjoy your breakfast.

Engage in Ayurveda treatments at the hotel. City tour in Kandy.

In the afternoon, you will be transferred to a traditional Muslim house in Kandy & discover the Muslim influence on Sri Lankan food with dishes like biryani and Watalappam.



Enjoy your meal with the locals. Visit Peradeniya royal botanical garden.

Accommodation: Kandy Samadhi Centre 3* (STD Room)

Meals: Breakfast / Lunch & Dinner

DAY 08

KANDY / NUWARA ELIYA / BANDARAWELA Drive Time: Approx. 4 hours

Morning attend to Yoga & meditation session in the hotel. Proceed to Haputale. En route do sightseen in Nuwara Eliya.



On arrival, check in to the hotel & explore beautiful landscapes around the hotel

Accommodation: Bandarawela Hotel 3* (STD Room)

Meals: Breakfast & Dinner

DAY 09

BANDARAWELA / HAPUTALE / BANDARAWELA Drive Time: Approx. 30 Min

Enjoy sightseen. Walk through steep winding mountain roads in Haputale a high altitude destination that boasts of beautiful misty mountain scenery, deep gorges picturesque valleys, cascading waterfalls and verdant tea plantations that stretch out like velvet green carpets.

Visit Dambatenne tea factory.

On completion, attend to the cookery demonstration. Here you will learn how to prepare and cook taste traditional Tamil cuisine. Enjoy the snack after the cooking session.



Accommodation: Bandarawela Hotel 3* (STD Room)

Meals: Breakfast & Dinner

DAY 10

BANDARAWELA / GALLE Drive Time: Approx. 4 ½ hours

After having breakfast at the hotel, proceed World Heritage site of Galle.

Galle, the epic Southern capital, is the intersection where classic Dutch architecture meets a tropical setting creating a vivid atmosphere in beauty. Walk the Dutch-haunted streets listening to the creaks of wooden saloon doors and observe how European architecture mingles with South Asian traditions today flooding cultural enthusiasts on a global scale.



Accommodation: Ladyhill Hotel Galle 3* (STD Room)
Meals: Breakfast & Dinner

DAY 11

GALLE / UNAWATUNA BEACH / GALLE Drive Time: Approx. 20 Min

Drive to a coconut plantation to discover why this 'superfood' is so central to life in Sri Lanka. The stunning stretches of beaches and glamorous coral reefs are seen at the Unawatuna Beach

In the evening enjoy the preparation of a signature "Kotturoti" (local food) with a beer. This is a must-try on your culinary tour.



Accommodation: Ladyhill Hotel Galle 3* (STD Room)
Meals: Breakfast & Dinner

DAY 12

GALLE / COLOMBO / AIRPORT Drive Time: Approx. 3 hours

After breakfast you will be transferred to Colombo.

On arrival in Colombo you will explore the capital on a city tour taking in all the major sights, with light refreshments served in a local café. Colombo has a diverse mix of people, architecture and religion influenced by ancient kingdoms and European settlers and a great starting point for your Sri Lankan adventure.

You will explore with your guide the highlights of this wonderful capital which include Pettah Bazaar, Wolvendaal Dutch Church, Gotami Vihara and Hindu Kovil at Slave Island, one of Colombo's most impressive Hindu Temples.

Late evening you will proceed to the airport for departure.

END OF THE TOUR
