



## AYUBOWAN SRI LANKA!!!

*(7 Nights /8 Days)*

### DAY 01 AIRPORT(ARRIVAL) – NEGOMBO

On arrival in Bandaranaike International Airport, you will be warmly greeted by a representative of Esna Holidays.

Proceed to Negombo (Approx. 30 Minutes)

Check into hotel and relax.

*Overnight stay at a hotel in Negombo*

### DAY 02 NEGOMBO / ANURADHAPURA

After breakfast, check-out from the hotel and proceed to the ancient city of Anuradhapura. (Approx. 4hrs)

Lunch at a local restaurant and check-in to the hotel

Evening do the sightseen at **Anuradhapura Ruin City** – Walk through the ancient ruined city of Anuradhapura, which was the capital for over a millennium until the 10th century AD. Visit Eight sacred places including *Jaya Sri Maha Bodhiya, Ruwanwelisaya, Thuparamaya, Lovamahapaya, Abhayagiri Dagaba, Jetavanarama, Mirisaveti Stupa and Lankarama.*

Return to the Hotel

*Dinner and overnight Stay at Hotel in Anuradhapura*



### DAY 03 ANURADHAPURA/ MIHINTALE / MADIRIGIRIYA / POLONNARUWA

After Breakfast at the hotel, visit the Mihintale Raja Maha Viharaya. (Approx. 30 Minutes)

Mihintale Mountain, with the arrival of Buddhism in Sri Lanka, began to serve as a residential area for the venerable monks headed by Arahath Mahinda Mahathera. But soon, with the royal patronage, the sanctuary housed a multitude of with monastic buildings - Stupas, Uposathgharas, Bodhigharas- to serve the monks. Sixty-eight cave dwellings provided the monks shade and shelter. Mihintale, the sanctuary for many thousands of laymen as well as holy men, had all the facilities and amenities for basic living.





Proceed to Polonnaruwa ([Approx. 3hrs](#))

En-route visit *Medirigiriya Temple* famous for its 7th century Vatadage Temple which is situated on top of a low rocky point. There are three concentric rows of pillars, making a total of 68, surrounding four large seated Buddha statues facing the four directions.

Lunch at the Local Restaurant

Then proceed to Polonnaruwa and explore the ancient ruins.

If you wish to explore mind-boggling ancient ruins, there is no other way you should go, but Polonnaruwa. The famed archaeological park is an eye candy to scout around collecting the pieces of Sri Lankan history hidden inside the tombs and temples, statues and 'stupas'. These impregnable ruins of the place alone will make your trip. Polonnaruwa is another UNESCO world heritage site on the island which houses elaborately carved statues of Lord Buddha and glorious 'stupas' touching the high skies. The ancient city is not only an oasis for seekers of serenity but also the perfect spot to take in the picturesque views of the dry land.



On completion, check into hotel and relax.

*Dinner and overnight Stay at Hotel in Polonnaruwa.*

#### **DAY 04      POLONNARUWA / SIGIRIYA / DAMBULLA / KANDY**

Early Morning leave for Sigiriya with the packet breakfast ([Approx. 3hrs & 30 Minutes](#))

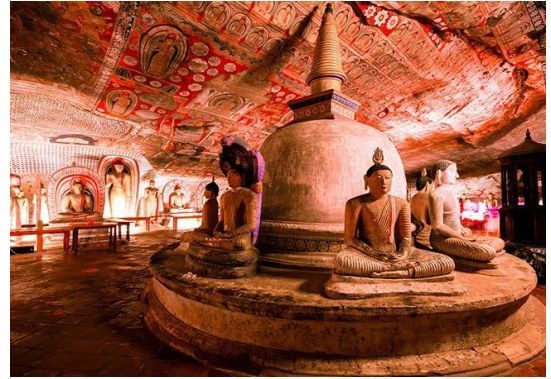
Climb the 5th century AD rock fortress, Sigiriya, where the King Kasyapa ruled. Walk through the entrance framed by the paws of a lion that is quite appropriate for its name, 'the Lion Rock'. View the beautiful unfading murals that brought Sigiriya its fame. Climb the steep staircase to see the terraced gardens and still-working cisterns. Walk through the tunnels leading to the palace as you get a feel for times long past.

Then proceed to Dambulla and visit the Cave Temple. (Golden Temple) ([Approx. 30 Minutes](#))





Dambulla is quite a place if you are planning to spend your holidays discovering a host of spectacular cultural encounters rich in Buddhist touch and scenic landscapes. A cultural heritage site holds sway in Dambulla, the famous golden temples, one of the ancient natural cave temple complexes in Sri Lanka with numerous statues and murals. A visit to this iconic rock cave temple nestled atop of a rock surrounding a beautiful landscape allows you to witness the breathtakingly coherent religious paintings and statues of Lord Buddha. For your Sri Lanka travel photography, Dambulla provides a perfect backdrop with its natural and cultural sceneries.



Lunch at the Local Restaurant

On completion proceed to Kandy

En route make a stop at a Spice Gardens in Matale to learn more about natural spices in Sri Lanka.

Then visit Nalanda Gedige

***Dinner & Overnight stay at a hotel in Kandy***

## **DAY 05 KANDY / ADAM'S PEAK (NALLATANNIA)**

After breakfast, Make a visit to the Temple of the Tooth Relic. The golden-roofed Temple of the Sacred Tooth houses Sri Lanka's most important Buddhist relic – a tooth of the Buddha. During puja (offerings), the heavily guarded room housing the tooth is open to devotees and tourists. However, you don't actually see the tooth. It's kept in a gold casket shaped like a dagoba (stupa), which contains a series of six dagoba caskets of diminishing size. Visit International Buddhist Museum, it is the world's first International Buddhist Museum.



Then proceed to Nallathanniya ([Approx. 3hrs & 30 Minutes](#))

Check in to the Hotel & Relax

***Dinner and Overnight Stay at hotel in Nallathanniya***





## DAY 06 ADAM'S PEAK

After Breakfast at the Hotel leave to climb the Adam's Peak

(Kindly note Month of October is the Rainy season and its only allow to climb in the Day time 8.00 A.M. to 6.00 P.M.)

Visit Reflecting the many faiths on the island, Adams Peak lies nestled between the Ratnapura and Nuwara E liya districts. Travelers of all faiths make the pilgrimage to the summit that stands at a height of over 2200 meters. The climb is by no means easy yet it is worthwhile to take a chance to climb this holy mountain and experience its own kind of pleasure. You can witness the glory of the brilliant sun rise once you reached out to the top before the dawn where you will truly get paid off for the commitment of this, not-an-easy-trail.



Return to the Hotel & Relax

*Dinner and Overnight Stay at hotel in Nallathanniya*

## DAY 07 ADAM'S PEAK / ELLA / TISSAMAHARAMA

After Breakfast Leave for Ella ([Approx. 4hrs & 20 Minutes](#))

Visit Dowa Temple

Them leave for Tissamaharama ([Approx. 2hrs & 45 Minutes](#))

En-route visit Buduruwagala

The beautiful, 1000-year-old, rock-cut Buddha figures of Buduruwagala are the region's biggest attraction. The gigantic standing Buddha (at 15m, it is the tallest on the island) here still bears traces of its original stuccoed robe, and a long streak of orange suggests it was once brightly painted. It's surrounded by smaller carved figures. The central of the three figures to the Buddha's right is thought to be the Mahayana Buddhist figure Avalokitesvara (the bodhisattva of compassion).



Procced to Tissamaharama

*Dinner & Overnight stay at a hotel in Tissamaharama*



**DAY 08**      **TISSAMAHARAM / COLOMBO / AIRPORT**

After Breakfast at the Hotel leave for Colombo ([Approx. 5hrs](#))

Lunch at Local Restaurant

Proceed to Colombo

Colombo City Tour: Take a fascinating journey in the capital of the isle paradise to taste its cultural texture, witness its bustling streets, visit bargain markets, and relax while watching the uprising urban lifestyle of the capital. This commercial and administrative hub of the country proves to be a blend of cultures, religions, and socioeconomic classes. Your city tour will cover the following: Gangarama Seema Malakaya, National Museum, Old Parliament, Independence Memorial Arcade & Independence Square, Beire Lake, Odel shopping, Cinnamon gardens, Shopping at Laksala state owned Handicrafts emporium, Lighthouse and Clock tower & Colombo Harbor



Dinner at Local restaurant

Thereafter, transfer to the Airport for your departure flight back home with all the happy memories in the beautiful island, Sri Lanka... ([Approx. 1hrs](#))

***May the triple gem bless you all***

***.....Tour Ends.....***