

*You dream we deliver*



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### **Sri Lanka**

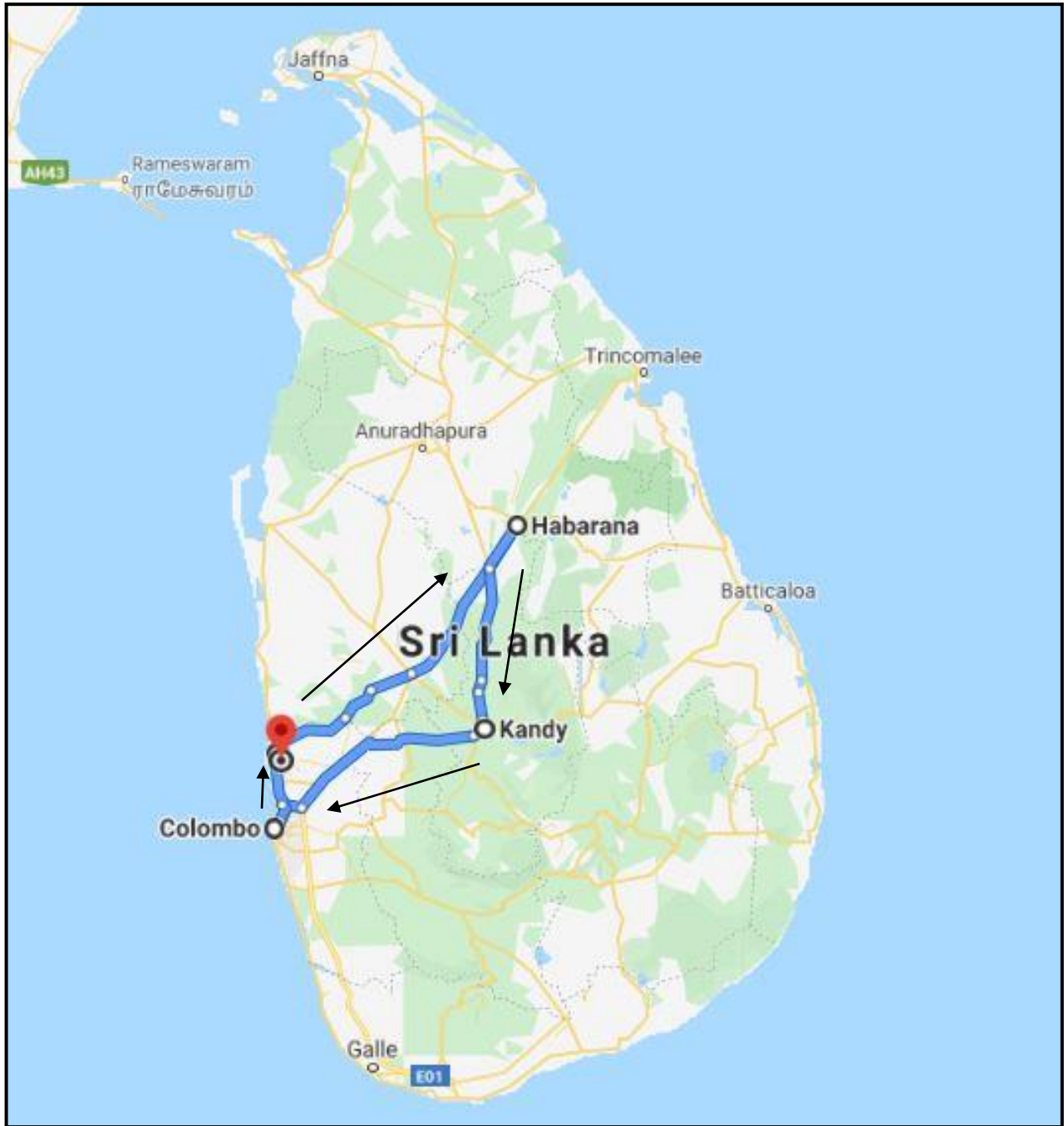
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"Ayubowan" is the traditional greeting in Sinhalese meaning "May You Enjoy Long Life."

The palms clasped together and a gentle bow of the head accompanies the "Ayubowan", Sri Lanka's gentle gesture of welcome and respect. It is the age-old greeting of our people, and the chances are you will be greeted this way, wherever you happen to travel throughout the island.

What may strike you most about Sri Lanka is its amazing diversity of scenery. It is possible to pass the brilliant green paddy fields, sun-bronzed beaches, ruined cities, small lively villages, near desert regions, sanctuaries for wildlife in tropical jungles, and the hill country tea plantations, within hours of each other.

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## PROGRAM SUMMARY

DAY/DATE	NIGHTS	LOCATION	HOTELS
Day 01	01	Negombo	Pledge Scape - Deluxe
Day 02,03 & 04	03	Habarana	Cinnamon Lodge - Superior
Day 05 & 06	02	Kandy	Mahaweli Reach - Deluxe
Day 07	01	Colombo	Ramada Hotel - Deluxe

## ITINERARY

## SRI LANKA

Airport - Negombo - Habarana - Kandy - Colombo - Airport  
07 Nights - 08 Days

### Day 01

### Day 01: Arrival - Negombo (Approx. 30 Min Drive)

- On arrival, you will be met by our GI representative.
- Transfer to the Hotel in Negombo.
- Check in to the hotel.
- Dinner & Overnight stay at hotel.

#### Negombo

The closest coastal town to the airport makes this a frequented sea side town. Jet lagged tourists stumble out of the airport and into the warm arms of Negombo's bustling beaches. The Negombo lagoon is a prized fishing location with most of the island's best seafood being fished from its waters.



**Dinner & Overnight stay at Pledge Scape Hotel in Negombo - Deluxe Room**

<https://pledgescape.com/>

### Day 02

### Day 02: Negombo - Polgahawela (Approx. 01 ½ Hrs Drive)

**Mahamevnawa Buddhist Monastery (Approx. 01- 02 Hrs)**

**Polgahawela - Dambulla (Approx. 02 Hrs Drive)**

**Dambulla Cave Temple (Approx. 02 Hrs)**

**Dambulla - Habarana (Approx. 30 Min Drive)**

- Breakfast at hotel.
- Transfer to Habarana via Polgahawela.
- Mahamevnawa Buddhist Monastery
- Lunch & local restaurant.
- Visit Dambulla Cave temple.
- Check in to the hotel
- Rest of the day at leisure
- Dinner & Overnight stay at hotel.

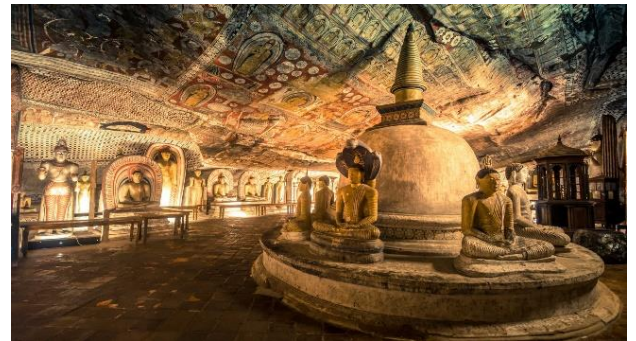
### **Mahamevnawa Buddhist Monastery**

Mahamevnawa Buddhist Monastery was established to benefit the spiritual development of human beings through the teachings of Buddha. Founded in 1999 in Sri Lanka by Ven. Kiribathgoda Gnanananda Thero, its sole purpose is to spread the original teachings of the Buddha. The monastery is a warm and welcoming place for everyone to investigate true happiness through Dhamma and meditation.



### **Dambulla Cave Temple**

Walk into ancient cave temples that have stood the test of time. A part of the cultural triangle, Dambulla is home to cave temple with around 153 Buddha statues and beautiful drawings throughout the interior of the cave. It's also a sacred pilgrimage site for Buddhist the world over.



### **Dinner & Overnight stay at Cinnamon Lodge Hotel in Habarana - Superior Room**

<https://www.cinnamonhotels.com/cinnamonlodgehabarana>

**Day 03**

**Day 03: Habarana - Anuradhapura (Approx. 01 ½ Hrs Drive)**

**Ancient City of Anuradhapura (Approx. 02 Hrs)**

**Sri Maha Bodiya (Approx. 01 Hrs)**

**Mihintale Temple (Approx. 01- 02 Hrs)**

**Aukana Buddha Statue (Approx. 01- 02 Hrs)**

**Anuradhapura - Habarana (Approx. 01 ½ Hrs Drive)**

- Breakfast at hotel.
- Visit Ancient City of Anuradhapura
- Sri Maha Bodiya
- Lunch & local restaurant.
- Visit Mihintale Temple
- Aukana Buddha Statue
- Return to hotel.
- Rest of the day at leisure
- Dinner & Overnight stay at hotel.

### **Anuradhapura**

Once the kingdom of kings and queens of ancient Ceylon, Anuradhapura is a historical city filled with beautiful ruins of rock fortresses, gardens and temples that have been preserved over time. People flock to this archaeological and architectural wonder for a variety of religious festivals making it a great place to experience one aspect of Sri Lanka's culture and traditions.



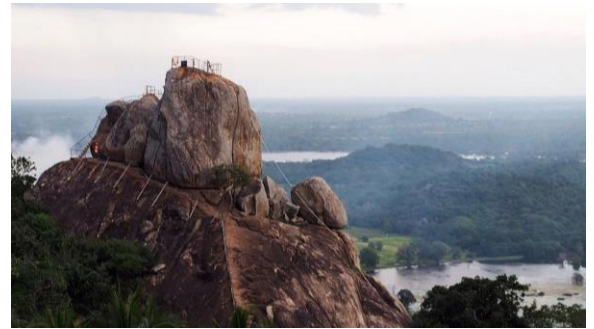
### Sri Maha Bodiya

- ✓ The Sacred Bo tree is said to be the oldest living tree in documented history of the world. Planted in 288BCF
- ✓ It a sapling of the tree that Buddha attained enlightenment.
- ✓ The sapling was brought to Sri Lanka by Sangamitta therani from Bouddagaya India.



### Mihintale

Mihintale is called the “Cradle of Buddhism in Sri Lanka”- it was here that the Buddhist doctrine was first preached in here by the monk ‘Mahinda’, son of Asoka, Emperor of India, to King Devanampiyatissa more than 2000 years ago. Mihintale - ‘The hill of Mahinda’ is approached by a magnificent, wide, ancient stone stairway of 1,840 steps. This is the World’s first declared sanctuary from 247 B.C. and continues to be one up to this day.



### Aukana Buddha Statue

40 feet in height and carved out of granite the statue is intricately carved highlighting the robe and face of the Buddha. It is recoded that the design of the statue is a mix of Indian & Sri Lankan style and the draping of the robe draped over one shoulder depicts the Sri Lankan tradition.



**Dinner & Overnight stay at Cinnamon Lodge Hotel in Habarana - Superior Room**

<https://www.cinnamonhotels.com/cinnamonlodgehabarana>

**Day 04**

**Day 04: Habarana - Sigiriya (Approx. 30 Min Drive)**

**Sigiriya Rock Fortress (Approx. 03 - 04 Hrs)**

**Sigiriya - Polonnaruwa (Approx. 01 Hr Drive)**

**Visit Ancient City of Polonnaruwa (Approx. 02 - 03 Hrs)**

**Polonnaruwa - Habarana (Approx. 01 Hr Drive)**

- After early breakfast, visit Sigiriya Rock Fortress. **(Best time is to start climbing by 7 AM before the sun gets hot)**
- Visit Sigiriya Rock Fortress.
- Lunch & local restaurant.
- Transfer to Polonnaruwa.
- Visit Ancient City of Polonnaruwa.
- Return to the hotel.
- Dinner & Overnight stay at hotel.

## Sigiriya

Rising 370 meters above sea level from Sri Lanka's central plains is a majestic rock that was once an ancient fortress. World renowned for its architectural ruins that include baths, palace foundations and fresco paintings, Sigiriya is a must-see destination. It is said that you can climb up and down from anywhere. The climb will take you up steep staircases, fitted onto steep rock faces and a pair of colossal lion paws, and carved into the rock.



## Polonnaruwa

Once a mighty kingdom, this central plain seeps in culture and allows visitors to grasp a snapshot of history. Polonnaruwa is known for its archeological treasures such as ancient tombs, temples and stupas along with Brahmic monuments that were built by the Cholas who are considered to be some of the first people to inhabit the island.



**Dinner & Overnight stay at Cinnamon Lodge Hotel in Habarana - Superior Room**

<https://www.cinnamonhotels.com/cinnamonlodgehabarana>

**Day 05**

**Day 05: Habarana - Matale (Approx. 01 ½ Hrs Drive)**

**Matale Spice Garden (Approx. 01- 02 Hrs)**

**Aluviharaya (Approx. 01- 02 Hrs)**

**Matale - Kandy (Approx. 01 Hr Drive)**

**Nelligala International Buddhist Centre (Approx. 02 Hrs)**

- Breakfast at hotel.
- Transfer to Kandy via Matale.
- Matale Spice Garden
- Lunch at local restaurant.
- Visit Aluviharaya
- Proceed to Kandy
- Visit Nelligala International Buddhist Centre
- Check in to the hotel.
- Kandy Esala Perahera. **Optional**
- Dinner & Overnight stay at hotel.

## Aluviharaya

The Aloka Vihara became Aluvihara. Folklore has many meanings to the name Aluvihara. One is that the Pali word Aloka was Alu (light) in ancient Sinhala and as it was the abode of Theras, it was a Viharaya. Hence the two words have been coined to make it Aluvihara. Another view is that although there is a huge rock, east of the main rock cave, it has not cut off the light. Therefore, it was known as the Aloka lena (cave with light).



Surrounded by hills, the famous Aluvihara cave temple 30 km south of Kandy on the Matale-Dambulla road is of great historic importance. The history of Aluvihara is traced back to the 3rd Century B.C in the reign of King Devanampiyatissa. It is believed that the King built the dagoba and planted the Bo sapling.

### **Nelligala International Buddhist Centre**

Nelligala International Buddhist Center is a recently constructed Buddhist temple (in year 2015) in Muruthalawa, Kandy. It is located at the top of the Nelligala Mountain. If you travel from Kandy it takes approximately 40 minutes to reach Nelligala (12km from Kandy).



This temple is well known and visited by both Buddhists and non-Buddhists. The natural environment is mind soothing. When you enter the site you will definitely get a vibe of entering a palace. The temple is well maintained and it possesses a higher architectural value in its construction design.

Gold color Buddha statues are one of the major highlights of the temple which remind the Mahayana Buddhism. How the gold color of the statues blend with the bright sky blue is picturesque. The temple includes holy relics of the Lord Buddha. This might be the best place to sooth the mind. It creates a vibe of peacefulness with the aura of Buddhism. The pilgrims can peacefully continue their religious observations in the spacious temple compound.

Pilgrims can reach the top comfortably. They are given many facilities including ample parking and it is wheel chair accessible. This place will be best for a shorter and relaxing drive within Kandy city limits.

### **Kandy Esala Perahera **Optional** (During Parahara 10 days – 25<sup>th</sup> July to 04<sup>th</sup> August 2020)**

The Kandy Esala Perahera is an annual event that is held during the mid-summer nights during the months of July / August every year for 10 days ending with the day perahera with the Water-cutting ceremony held at Getembe near Peradeniya. This gorgeous cultural pageant has history, religion and a nation's culture mingled in it. This traditional rehearsal of Kandy's past glory carries a spiritual message too and it also shows the harmonious blending of Buddhism and Hinduism. For a long time a traditional procession was held in honour of the four Hindu Gods, Natha, Vishnu, Skanda and Pattini and during the reign of King Kirti Sri Rajasinghethe Temple of the Sacred Tooth Relic was also added and prominence was given to it by leading the Devala processions. This colourful Kandy Perahera consists of a Kap Planting Ceremony (planting the holy stick), followed by 5 days of Kumbal Perahera increasing the splendor by changing the distance and routes, increasing the number of Dancers, Drummers, Elephants every day and succeeded by the Randoli Perahera which will increase its splendor daily and on the last 3 day more than 100 elephants will take part in the procession. On the last day the Perahera will be held during the Day ending up with the visit to Getembe near Peradeniya where Water Cutting Ceremony will take place. The chiefs in silver and gold ceremonial dress with world famed Kandyan dancers and drummers are notable attractions. However, the highlight of the procession is the richly caparisoned Maligawa Tusker. During the perahera set against the background of a starry tropic night, the ancient city of Kandy echoes and re-echoes, as it certainly did centuries ago, to the tunes of massed drums and flutes, the cracking of whips and the clang of elephants' bells while the solemn cheers of worship from the enthusiastic spectators are enchanting indeed



### **Dinner & Overnight stay at Mahaweli Reach Hotel in Kandy – Superior Room**

<https://www.mahawelireach.com/mahawelireachkandy>

## Day 06

Day 06: Kandy

**Meditation Program at Mahaweli Reach Hotel (Approx. 01 Hr)**  
**Temple of The Tooth (Approx. 01 Hr)**  
**International Buddhist Museum (Approx. 01 Hr)**  
**Cookery demonstration at Mahaweli Reach Hotel -Lunch (Approx. 01-02 Hrs)**  
**Kandy - Gampola (Approx. 01 Hr Drive)**  
**Lankathilaka, Gadoladeniya Temples & Ambekka Devalaya (Approx. 02 Hrs)**  
**Gampola - Kandy (Approx. 01 Hr Drive)**

- Breakfast at hotel.
- Special Meditation Program at Mahaweli Reach Hotel **Optional**
- Visit Temple of the tooth
- Visit International Buddhist Museum
- Lunch at local restaurant
- Cookery demonstration at Mahaweli Reach Hotel -Lunch **Optional**
- Transfer to Gampola
- Visit Lankathilaka, Gadoladeniya temples & Ambekka Devalaya
- Return to the hotel.
- Dinner & Overnight stay at hotel.

### **Kandy Temple of the Tooth**

The Dalada Maligawa is the temple that houses the relic of the Lord Buddha. It gets its name as the temple was the Royal Place of the former kingdom of Kandy and the last Sri Lankan capital when the kings ruled before the British conquered the country. Kandy is listed as UNESCO heritage site as it is the home of the tooth relic.



### **International Buddhist Museum**

Sri Dalada Maligawa kandy has established the International Buddhist Museum (IBM) to showcase the expand of the Buddhism throughout the Asia and rest of the world. This is the only museum which demonstrates the expanding of Buddhism all around the world. By the 2600th year of the sambuddatva jayanthi, the Buddha dhamma has developed its status from the simple philosophy of the lifestyle of mankind enunciated in early Buddhist thought to highly developed ritualistic religious system. From its birth place, India, Buddhism as a religion, has spread to different parts of Asia, South - East and far East. While the message of the Buddha is currently being perused in the wide context in the modern world. It is interesting to note the different systems followed in the practice of Buddhism, both Theravada and Mahayana, by the respective countries.





### Lankathilaka Temple

The Lankatilaka temple history runs back to the Gampola Kingdom era. King Buwanekabahu IV has built this temple in 1344 AD. The King's Chief Ministers Senalankadhikara was entrusted to carry out the construction work of this temple. The South Indian architect Sthapati Rayar has designed this with a blend of Sinhalese architecture of Polonnaruwa period and of Dravidian and Indo Chinese style is the opinion of late Professor Paranavitana. Considered to be a Gedige type of Polonnaruwa architecture, this temple which was of four stories earlier is constructed on the uneven surface of the rock with a granite-based foundation. The plan of the temple protrudes to the four sides like of a cross. What is seen today is the Ground Floor and part of the First Floor of the earlier temple though the temple seems to have three stories. This temple is an example for the Buddha and God worship prevailed during Gampola era. Gods Vishnu, Saman, Vibhishana, Ganapathi, Skandhakumara and Kumara Bandara had been worshipped here.



### Gadoladeniya Temple

Gadaladeniya Rajamaha Viharaya with an ancient monastery is found on the flat rock at Diggala in the district of Kandy. According to an inscription there this temple was built by King Buwanekabahu IV in the year 1344. The chief architect of this temple has been a south Indian called Ganesvarachari. Therefore, this temple is essentially a South Indian design.



### Embekka Devalaya

The Embekka Devalaya is a temple dedicated for the worship of Lord Kataragama. It is situated in Udunuwara, Kandy on the Dalugala road where the Gadaladeniya Temple is situated. The Embekka Devalaya can be visited along with the Gadaladeniya and Lankathilake temples as they are all located close by. It is a temple famed for its carvings and wood work. The temple was built by King Vikramabahu of the Gampola era back in the 14th century. It has three sections namely the "Sanctum of Garagha", "Digge" or "Dancing Hall" and the "Hevisi Mandapaya" or "Drummer's Hall".



### Dinner & Overnight stay at Cinnamon Citadel Hotel in Kandy – Superior Room

<https://www.cinnamonhotels.com/cinnamoncitadelkandy>

Day 07

Day 07: Kandy – Kelaniya (Approx. 03 ½ Hrs Drive)  
Kelaniya Temple (Approx. 01 Hr)  
Kelaniya - Colombo (Approx. 30 Min Drive)  
Gangaramaya Temple (Approx. 01 Hr)

- Breakfast at hotel.
- Transfer to Colombo via Kelaniya.
- Lunch at local restaurant
- Visit Kelaniya Temple
- Check in to the hotel.

- Visit Gangaramaya Temple
- Return to the hotel.
- Dinner & Overnight stay at hotel.

### **Kelaniya Temple**

The Vihara popularly known as 'Egodakelaniya' that constituted a section of the historic royal monastery is located right opposite the other bank, and on festive occasions, a bridge of pedda-boats used to be built till recent times to facilitate pilgrims worshipping both vihara sites.

The history of Kalaniya goes back to pre-Christian times. The city was connected with the history of Ramayana in that its Yakkha king Vibhisana was befriended by Rama in his battle against Ravana. Hence, the worship of Vibhisana as the tutelary deity of Kalaniya is continued to present times.

The chronicles, Dipavamsa and Mahavamsa, record in detail the story of the Buddha's visit to Kalaniya on the eighth year after his Enlightenment, on the invitation of the naga King Maniakkhika. The jewelled throne, on which the Buddha sat while preaching, is said to have been enshrined in the stupa at the Kalaniya temple.



### **Colombo**

Wonder amidst the hustle and bustle of Sri Lanka's commercial capital and bask in the city's urban lifestyle. A pot of multiple ethnicities, Colombo showcases the unity among its vibrant people. Shop for local antiquities including Sri Lanka's world-famous tea and engage in the dazzling nightlife during your stay here.



### **Gangarama Temple**

The beautiful Gangarama Temple is famous for its imposing buildings, and is complete with a chetiya, bo tree, image house, Simamalaka, relic chamber containing the relics of the Buddha and Arahat Seevali, museum, library, pirivena, and residential, education and alms halls. It is decorated with stone carvings, brass work and many other forms of Buddhist art. It contains row upon row of Buddha statues in the meditating pose, alongside miniature stupas arranged like a staircase.



**Dinner & Overnight stay at Ramada Hotel in Colombo - Deluxe Villa**

<http://www.ramadacolombo.com/>

- Breakfast at hotel.
- Transfer to airport for the departure.

**END OF THE TOUR**

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