



SUNBIRD LANKA
TOURS & TRAVELS (PVT) LTD
(UTMOST CONTENT IN TOURISM)

Refreshingly
sri lanka
WONDER OF ASIA

Sri Lanka, One of the Ancient Buddhist Countries
Where the Theravada Buddhist Culture is Protected and Preserved.

8 Days Pilgrimage in Sri Lanka

Day 1 – Airport to Colombo

Day 2 – Colombo to Anuradhapura

Day 3 – Anuradhapura

Day 4 – Anuradhapura to Polonnaruwa to Dambulla

Day 5 – Dambulla to Kandy

Day 6 – Kandy to Adam's peak

(Sri Pada - Mountain of Sacred Foot Print)

Day 7 – Adam's peak to Negombo

Day 8 – Negombo to Airport



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Spiritual Awakening pilgrimages

As part of the practical guide to spiritual awakening, the "SUNBIRD LANKA TOURS" offers several pilgrimages that are designed to facilitate an "inner spiritual journey", where you can enjoy your involvement and support of the warm-hearted, well experienced people.

Day 1- Airport to Colombo

You will be assisted by our representative at the airport and transfer to the hotel in Colombo. Late afternoon, drive to the **Gangarama Buddhist Temple**.

Afterwards leave for **Kelaniya Raja Maha Vihara**. Buddhists believe that the temple to have been greatly honored during the third and final visit of the Buddha, eight years after gaining the enlightenment.

Day 2- Colombo to Anuradhapuraya

Set off to Anuradhapura, the first ancient capital of the country during the period of 4th century BC to the 10th century A.D

Jetavanaramaya stupa, the waist-band used by Buddha is said to be enshrined,

Abayagiri stupa, the stupa enshrines relics of Buddha and the Tripitaka inscribed in gold leaves.

Thuparam Stupa - A relic shrine, the original structure was built by Devanampiya Tissa's reign. The temple built to contain the right clavicle of Buddha.

Mirisavatiya stupa - Built by king Dutugamunu with the relic studded scepter of the King deposited in the stupa.

Day 3 – Anuradhapuraya

Morning - **Jaya Sri Maha Bodhi** - is a sapling from the Bodhi tree at Bodh Gaya in India under which Buddha attained spiritual Enlightenment and the supreme wisdom. This sacred **Bodhi tree** at the Mahameuna garden in Anuradhapura is treated as the oldest living tree in the world in documented history and it is a place respected by Buddhists from all around the world.

Mihithalaya -Mihintale is a mountain peak near Anuradhapura in Sri Lanka. It is believed to be the site of the meeting between the Buddhist monk Mahinda and King Devanampiyatissa which inaugurated the presence of Buddhism in Sri Lanka.

Late evening – **Ruwanwelisaya Stupa** - Built by King Dutugamunu over an impressive collection of relics. (One Drona of the Gothama Buddha's Relics)

Day 4 – Anuradhapuraya to Polonnaruwa to Dambulla

Polonnaruwa City Tour (Gal Viharaya Rock Temple, Vatadage – Circular Relic Chamber, Image houses and ancient irrigation works)

Dambulla cave temple also known as the **Golden Temple of Dambulla** is the largest and best preserved cave temple in the country.

Day 5- Dambulla to Kandy

Sri Dalada Maligawa -visiting the temple of most venerated bodily relic of Buddha, the Sacred Tooth Relic Temple in the city of Kandy. The last capital of the Sinhalese kings.

Traditional Kandyan dance encompasses various dance forms native to the area called Kandy of the central hills region in Sri Lanka.

Day 6- Kandy to Adam's Peak (Sacred foot Print of Buddha)

Kandy city tour and leaving the city around 11:30 in order to reach the hotel near the Adam's peak. Relax at the hotel

Day 7- Adam's Peak to Negombo

Early morning (2:00 am) Trekking up Sri Lanka's most famous religious mountain, Adam's Peak, the fourth highest in the country (2,243 m (7,359 ft) and one of the most sacred sites in the world. It is well known for the Sri Pada, i.e., "sacred footprint", a 1.8 m (5 ft 11 in) rock formation near the summit, which in Buddhist tradition is held to be the footprint of the Buddha.

Travel to Negombo at the evening and leisure at the beach and the hotel

Day 8 – Negombo to Airport

Negombo city tour and Departure

Contact for more details

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