



Program 04- Culture & Adventure – 14 NTS / 15 DYS

Day 01 AIRPORT/ NEGOMBO

Ayubowan – Welcome to Sri Lanka

Meet & greet by Diethelm Travel Representative at the airport and transfer to Negombo.

On your way to Hotel, you will learn few Sinhala words such as “Ayubowan” (means long life) “Isthuti” (Thank you)

Check in at the hotel.

Afternoon leisure

Overnight stay Club Hotel Dolphin,Negombo

Day 02 NEGOMBO – HABARANA

After Breakfast transfer to Habarana.

Optional visits: Clients who interested can visit Negombo fish market early in the morning. Your guide will be happy to accompany you in this event.

Stop at a Pineapple-Plantation and have your first experience with this delicious tropical fruit. Sri Lanka is well known for its sweet pineapples. Taste & size is probably different than its native Latin American countries.

En - route to visit the **Elephant Orphanage in Pinnawela**.

The orphanage is home to hundreds of abandoned or injured Elephants who are looked after with warmth, love and affection. The elephants at the orphanage are bathed daily in a river located nearby.

Check in at the choice of your hotel and relax in the stunning surroundings.

Late afternoon discover the area on the back of an elephant.

An Elephant Back Safari is not just a ride on the largest animal in Sri Lanka, it's an unforgettable experience where clients get to interact with the elephants as well as enjoy a ride through wilderness areas and beautiful riverine scenery.

Late after-noon, you can enjoy the one of the swimming pool available in the hotel or have little walk around the Hotel.

People who really tired, can select one of the exclusive massage suggest by Ayurveda centre/Spa of the Hotel. Price list is available in rooms.

Overnight stay at Chaaya Village,Habarana

Day 03 HABARANA - SIGIRIYA

After breakfast explore the typical Sri Lankan village life. Go on a Village Tour in Habarana area.

You will be picked up closer to your hotel & taken in a TUK TUK (Three Wheeler) up to the road leading to “Hiriwaduna Village (a typical Sri Lankan village). Thereafter, you will be transferred in a Bullock cart (a locally made cart pulled by 02 bulls) to a traditional farming land (Chena). Once arrived to the farm, you will be treated with a cup of tea & juggary which will help you to quench your thirst. Once you finish exploring the corps & the tree house in the farm, you can help the ladies to prepare your lunch (only if you wish!). Enjoy your lunch (local rice & curry followed by desserts - fruits & curd) in a traditional Sri Lankan house. Thereafter, proceed to your hotel on a different route. And this time you may need to cross a stream in a catamaran! This will be an exciting tour for those who want to experience the real Sri Lankan village life!

Return to the hotel and relax

Late afternoon visit one of Sri Lanka's major attractions - the UNESCO World Heritage Site of Sigiriya – also called the “Fortress in the Sky” and see the remains of the Palace on the summit, Lion-staircase, Sigiri Graffiti - the verses written on the Mirror Wall, Paintings of the Damsels-Light coloured (Vijjulatha) and Dark coloured (Megalatha) in “fresco-en-secco” and the beautifully designed Pleasure Garden (Water garden, boulder garden), the caves with pre-Christian inscriptions, remains of inner & outer fortifications.

Overnight stay at Chaaya Village,Habarana

Day 04 HABARANA - KANDY

After Breakfast proceed to Dambulla.

Dambulla caves considered as best preserved cave temple complex in Sri Lanka. Major attractions are spread over 5 caves. Painting and statues are related to Lord Buddha and his life. Temple was built as a gratitude to the Monks in Dambulla as they provided the protection from the enemies to the exiled king Valagambahu. Dambulla has been declared a World Heritage site by UNESCO.

Route to Matale. Visit an **exotic Spice Garden** in Matale where you can be treated to a garden tour and cooking demonstration to understand the taste and aroma of the world famous spices.

It is Quite touristy however everyone learns something and most love it.

Lunch at spice garden (Rice & curry) Clients will participate for preparation of their lunch

Proceed to Kandy. Kandy was the last stronghold of the Buddhist political power against colonial powers. It is also the home of the Temple of the Tooth relic. Its architectural monuments date mainly from the 19 th century, when Vikrama Rajashinha went on a building spree, the cost of which hastened the downfall and eventual surrender to the British forces.

Visit Dalada maligawa : The Temple of the Tooth or Dalada Malgawa dates from the 16 th century, though most of the present buildings were built in the 19 th century. Entering the shrine over a moonstone step, you pass a stone depicting the Indian goddess Lakshmi and a wall with frescoes illustrating the Buddhist conception of hell. The upper stories house the relic of the tooth, caged behind the gilded iron bars. Behind the tooth relic sanctuary is a hall with a number of golden Buddha statues and modern paintings, showing Buddha's life and the arrival of Buddhism in the land. We end our tour just before the evening drumming begins, which precedes the ceremonious opening of the window for the public viewing of the casket with the tooth. Also visit a gem lapidary and museum and thereafter witness a traditional cultural show in Kandy at one of the performance centers.

Overnight stay at Amaya Hills Hotel,Kandy

Day 5 KANDY

Leave after breakfast for our campsite in the pristine Knuckles Range of mountains. The camp is located high on a mountain slope overlooking the Knuckles Valley.

After settling in at the campsite, take a 03 – 04 hour trek through the villages which surround Sphinx Eyrie. This trek though forest paths and village tracks is through the rich foliage of the Knuckles range with a breathtaking view of the valley as the backdrop.

Overnight Corbet's Rest Campsite, Knuckles

Two person insect and waterproof tents and simple, but wholesome hot meals (Lunch ,Dinner and Breakfast) are provided by the camp crew.

Day 06 KNUCKLES

The day's trek will take you to a small village which is only accessible by foot. A trek of approximately 03 – 04 hours through scrub jungle and forests will bring you to the little farming village of Meemure, deep in the Knuckles Valley. The trek is on rough trails and a few streams need to be forded en route.

Break at the little village shop for a cup of hot tea, sweetened with “juggery”, made of coconut sap.

After a short break explore the village – See and appreciate the simplicity of life enjoyed by its people. Swim in the cool mountain water of a stream which rushes by the village

Continue trekking (Approximately 03 hours); climb out of the valley from Meemure Village back to our campsite.

Overnight Corbet's Rest Campsite, Knuckles

Day 07 KNUCKLES/ KITHULGALA

Break camp and drive up to “Corbet's Gap”, a climb of 500 meters. Corbet's Gap – named after the Englishman who discovered it, is a vast split in the range of Kandyan hills, through which on a clear day an amazing view is possible.

Proceed to Kitulgala the film location of David Lean's masterpiece “The Bridge on the River Kwai”

In the afternoon take a White Water Rafting excursion on the Kelani River. The short but exhilarating excursion is level 03 rafting and is suitable for most people between the ages of 12 and 65 years,

Between the full moon in December and the full moon in May the most adventurous among the group can leave after dinner at approximately 1100 hrs for Adams Peak...

Overnight Rrafters Retreat or similar

Day 08 KITHULGALA/ADAMS PEAK

Begin climb the climb of Adams Peak at approximately 0200 hrs. Climb through the night in order to reach the summit by dawn to witness a once in a lifetime sunrise. (If not cloudy....!)

(The pilgrim season for Adams peak is December to May. During this time thousands of pilgrims climb to the summit every night. The pathway is lit and the experience is a cultural treat. During the rest of the year the path way is not lit and there are no pilgrims, however the beauty, serenity and adventure of Adam's Peak remain. During this time we use battery operated torches for the climb.)

Descend peak and return to Kitulgala.

Those who opt not to climb Adams Peak can remain in Kitulgala and take a trek through the rainforest like terrain which surrounds Kitulgala.

Overnight Rrafters Retreat or similar

Day 09 KITHULGALA / NUWARA ELIYA

Transfer after breakfast to Watawala and board a train bound for Nanu Oya... the local train is usually late and overcrowded but will be the perfect way to meet locals and experience their unique way of life!

Meet coach at Nanu Oya and transfer to Nuwara Eliya

Overnight The Tea Factory Hotel, Nuwara Eliya

Day 10 NUWARA ELIYA

Leave after breakfast for the Horton Plains for a 03 hour trek to ‘Worlds End’ and ‘Bakers Falls’. Stop vehicles on the plains and begin a 01 ½ hour trek to Thotupola Peak, the third highest peak in Sri Lanka. Meet coaches and take a 15 minute transfer to the starting point on the trek through the plains to ‘World's End’ and the beautiful bridal veil ‘Bakers Falls’. This trek will take 03 ½ hours including a packed lunch on the plains.

Horton Plains – this National Park, on Sri Lanka's highest plateau over 2100m above sea level in the central mountains is a strange and tranquil region with an astounding variety of scenery – from misty mountains to grasslands, from marshes to ice cold streams, lakes and waterfalls. Sri Lanka's best flavoured “high grown” teas are from estates in the surrounding areas. Two highlights are the spectacular view from 'Worlds End' where the plateau plunges almost 1000m in a sheer drop and the beautiful “Bridal Veil” Bakers Falls. Distinctive flora with a high level of endemism, colourful butterflies, many rare endemic, resident or migrant birds and several species of Gauna including Sambhur, Bear Monkey, Barking Deer, Giant Squirrel, Fishing Cat, Wild Boar, Hare and even a few very rare sightings of Leopard are recorded. The perfect location for hiking and cycling with excellent trails and cool climate.

Proceed to Bandarawela

Overnight The Orient Hotel, Bandarawela

Day 11 NUWARA ELIYA/BADULLA

Leave for the Badulla, located in the Uwa basin, this dry and starkly beautiful, mountainous region has been little explored by tourists and offers some of Sri Lanka's most beautiful trekking country.

Stop at a small temple which is the guards an ancient wooden bridge which has an intricately crafted wooden canopy. Begin the 04 hour trek which takes you first through a farming village and along the incredible rice terraces which enable the rice farming on steep mountain faces! Then proceed through forests and past several small waterfalls. The dry and warm climate is perfect for butterflies!

Finally emerge at a small village and make your way to the local temple which will be your night's accommodation. In the evening, the chief priest will be ever ready to conduct a short session on meditating even though the tranquil setting will amply provide for clearing your mind of worldly concerns...

Overnight at the Temple

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Day 12 UDAWALAWA - KATHARAGAMA

Leave after a leisurely breakfast for Udawalawe to visit the Elephant Transit Home. This is an admirable initiative which is sponsored by the Born Free Trust. Baby elephants who are injured or orphaned in the wild are brought to the Transit Home where they are cared for and rehabilitated in a natural setting. Once the elephants are old enough and strong enough they are radio collared and released in to the National Park in small groups. The first group to be released in to the park successfully reproduced in the wild in 2008!

Proceed to Katharagama visiting the magnificent rock sculptures in Buduruwagala en route.

Overnight Priyankara Hotel, Katharagama

Day 13 KATHARAGAMA

Leave after breakfast to visit the Temple at Kataragama... possibly the holiest place in Sri Lanka which is venerated by all major faiths in the island...

In the evening take a jeep safari of Yala National Park to track the Sri Lanka Leopard...!

Overnight Priyankara Hotel, Katharagama

Day 14 KATHARAGAMA/INDURUWA

Leave after breakfast for Induruwa stopping en route at Dondra, Sri Lanka's southernmost point and see the old light house which is still in working condition.

Also stop in Galle to visit the old Dutch fort and walk along the ancient ramparts.... Also walk through the quaint streets within the fort and learn of Sri Lanka's colonial past...

Overnight Induruwa Beach Resort, Induruwa

Day 15 INDURUWA

At leisure to relax and enjoy the beach or explore on your own.

Overnight Induruwa Beach Resort, Induruwa

Day 16 COLOMBO/ AIRPORT

After breakfast leave for airport in time for the departure flight