



TOUR ITINERARY

MEDITATION & TASTE OF SRI LANKA 10 days (9 nights), 14-23 Oct, 2016

Highlights

Kickstart your holiday in Zen mode with a couple of days of **relaxing meditation** at a beautiful retreat located in the hills. Visit the iconic **Tooth Temple in Kandy** before heading to cooler climes and **quaint architecture in Nuwara Eliya**, the region where also some of the **world's best tea** is grown. Head to the **ancient city of Polonnaruwa** for a fascinating look at an **ancient Kingdom**, with a stop at a **spice garden** for a cookery demonstration followed by a delicious Sri Lankan lunch. Exercise those limbs by climbing the **Sigiriya Rock fortress** often referred to as the **8th Wonder of the World**. Go on a **safari to see elephants in the wild** and finally head back to the **beach** for a rest or **explore the commercial capital of Colombo** (optional), before hopping on a flight back home.



Itinerary

Date	Destination/Drive Time	Accommodation	Activities/Highlights
Oct 14	Airport-Negombo Approx. 30 mins.	Goldi Sands Hotel	Transfer from airport to hotel in Negombo. Check-in from 2pm. Free airport transfers available between 1:30-8.30pm 14 Oct, 2016.
Oct 15	Negombo-Wegiriya Approx. 3.5 hrs.	Rockhill Hermitage Foundation	Transfer from Negombo to the Meditation Retreat in Wegiriya.
Oct 16	Wegiriya	Rockhill Hermitage Foundation	Meditation Retreat
Oct 17	Wegiriya-Kandy Approx. 30 mins.	Earl's Regent Hotel	Transfer from Meditation retreat to Kandy in the afternoon. On arrival in Kandy visit the Temple of the tooth (optional) or rest. ** Explore Kandy on own or return to hotel. Guide will organise tips and meeting point.
Oct 18	<i>Train from Kandy to Nuwara Eliya</i> Drive from Nuwara Eliya to Kandy Approx. 2.5 hrs.	Earl's Regent Hotel	Morning: Scenic train to Nuwara Eliya. On arrival explore the old colonial town and enjoy a scenic walk to 'Single Tree Hill' (takes about 1.5 hrs). Afterwards, drive back to Kandy with a stop at a tea factory and plantation to see the processing of world famous 'Ceylon Tea'.

Oct 19	Kandy-Matale-Dambulla- Sigiriya 3.5 hours	Kassapa Lion's Rock	Morning: Euphoria Spice Garden Tour & cookery demonstration + lunch. Dambulla Rock Cave Temple Check in to hotel for some R & R	
Oct 20	Sigiriya-Polonnaruwa-Minneriya-Sigiriya Approx. 1 hr e/w	Kassapa Lion's Rock	Morning: Explore the ancient capital of Polonnaruwa. Afternoon: Minneriya Elephant Safari	
Oct 21	Sigiriya-Waikkala Approx. 5.5 hrs	Club Hotel Dolphin	Morning: Sigiriya Rock Fortress Drive to hotel in Waikkala for beach stay.	
Oct 22	Waikkala-Colombo Approx. 1.5 hrs e/w (excluding sightseeing time)	Club Hotel Dolphin	Option 1: Relax and enjoy the beach Option 2: Head into the commercial capital, Colombo for some exploration and shopping.	
Oct 23	Waikkala-Airport Approx. 30 mins.	N/A	Check out and depart for Airport. Free airport transfers available between 10am-5pm, 23 Oct 2016	

your local contact in Sri Lanka is Sashini, +94 (0)777 002 208

Inclusions

- Airport transfers during scheduled hours (please refer itinerary)
- Accommodation at hotels in itinerary or similar (subject to availability at time of booking) on a twin share basis
- Meals on Half Board basis (breakfast, dinner) in hotels specified in itinerary
- Accommodation on a shared basis and all meals at meditation retreat (vegetarian food only, we regret that individualised meals cannot be provided)
- Air-conditioned mini coach
- Services of an English speaking guide (excluding days at meditation retreat)
- Entrance/activity fees for all above mentioned sites
- 1 x train ticket from Kandy to Nanu Oya
- 1 x group cookery demonstration with traditional Sri Lankan lunch
- 1 x safari at Minneriya National Park/Including 4WD jeep



Exclusions

- Air fares/airport taxes
- Camera and video permits at cultural sites
- Tips and portage
- Beverages, snacks and other meals outside those in the itinerary



Meditation Retreat Requirements

Attire: The retreat has requested white or light coloured loose fitting comfortable clothing covering arms and legs (cotton recommended). You might also want to take a light jacket or shawl as it can get somewhat cold at night.

Donation: The retreat is run by donation. We have donated the cost of your accommodation and meals to the retreat. It is up to if you want to make any additional donations to the retreat once you have completed your course.

What to pack: toiletries, alarm, torch and umbrella.

Note that the retreat is located in a remote area with limited access to shops or Wi-Fi.

Accommodation/Hotels

Hotels indicated below are subject to availability at time of booking. They may be changed to hotels of equivalent quality.

City	Accommodation/Hotels/Room Category	Nights
Negombo	Goldi Sands: http://www.goldisands.com/ Standard Room	1
Wegiriya	Rockhill Hermitage Foundation Basic room shared by gender **	2
Kandy	Earl's Regent: http://www.regentkandy.lk/ Deluxe Room	2
Sigiriya	Kassapa Lion's Rock: http://www.kassapalionsrock.com/ Standard	2
Waikkal	Club Hotel Dolphin: http://www.serendibleisure.com/clubhoteldolphin/ Superior Sea View Room	2

NOTES:

- Please note usual hotel check-in time is 2 pm and check-out time is 11am/12 noon. If you require an early check-in or late check-out, additional fees may apply.
- ** For those of you who don't gender identify as either male or female, please indicate which gender you would be most comfortable sharing a room with at the meditation retreat/hotels by selecting either "male" or "female" from the drop down box at check out.
- You can find additional information to assist you with your travels on our website. Please see [Travel Essentials](#) & [FAQs](#).



HAPPY TRAVELS!