



## **TOUR ITINERARY** **YOGA AND EXPLORE SRI LANKA TOUR** 10 days (9 nights) | 19-28 March, 2017

### Highlights



A uniquely different holiday experience! A tour with rejuvenating **yoga sessions** and fun activities.

Visit the **UNESCO listed heritage sites** of Sigiriya Rock Fortress and Dambulla Rock Cave temple (optional). Explore

the ancient ruins in Polonnaruwa on cycle. See elephants in the wild on an **elephant safari** at Minneriya National Park.



Climb **Adam's Peak** to watch a breath-taking sunrise.

Experience slow-paced Island living at the unspoiled Southern **Beaches of Unawatuna**. Visit the Dutch Fort in Galle.



Get a glimpse of the bustling commercial capital of Colombo with a day tour.

On this tour, you will be visiting **2 UNESCO Heritage Listed Sites in Sri Lanka**. Look for the **teal highlight** in the itinerary which indicates which ones they are.

### Itinerary

Date	Destination/Drive Time	Accommodation/ Type of Room	Activities/Highlights
Day 1 (19/3)	Airport- Negombo Approx. 30 mins.	<a href="#">Paradise Beach Hotel</a> Standard Room	Transfer from airport to hotel in Negombo.
Day 2	Negombo – Sigiriya Approx. 3.5 Hours	<a href="#">Amara Forest Sigiriya</a> Standard Room	Enjoy the fantastic river-mouth harbour and watch traditional catamarans sailing. Travel to Sigiriya. <b>Yoga 5.30-6.30pm *</b>



Date	Destination/Drive Time	Accommodation/ Type of Room	Activities/Highlights
Day 3	Sigiriya	<a href="#">Amara Forest Sigiriya</a> Standard Room	Climb the <b>Sigiriya Rock Fortress</b> in the morning (optional) Yoga 3-4pm Elephant Safari in the afternoon 
Day 4	Sigiriya	<a href="#">Amara Forest Sigiriya</a> Standard Room	Yoga 8-9 am Explore the Ancient City of Polonnaruwa on cycle
Day 5	Sigiriya-Dambulla-Adam's Peak  Approx. 5.5 hours	<a href="#">Punsisi Rest</a>	Yoga 7-8am Visit the <b>Dambulla Rock Cave Temple</b> (optional) & Spice Gardens on-route Ayurvedic Massage (optional)   Climb Adam's Peak in the evening **
Day 6	Adam's Peak – Unawatuna  Approx. 5.5 hours	<a href="#">Taprobana</a> or <a href="#">Thambapani Retreat</a>	Leave for Unawatuna. Yoga 5-6pm
Day 7	Unawatuna	<a href="#">Taprobana</a> or <a href="#">Thambapani Retreat</a>	Yoga 8-9am and 5-6pm Enjoy the beach and explore Unawatuna at your own pace
Day 8	Unawatuna-Galle Fort-Unawatuna	<a href="#">Taprobana</a> or <a href="#">Thambapani Retreat</a>	Yoga 8-9am and 5-6pm Visit the historic Dutch Fort in Galle 
Day 9	Unawatuna	<a href="#">Taprobana</a> or <a href="#">Thambapani Retreat</a>	Yoga 8-9am and 5-6pm Enjoy the beach and explore Unawatuna at your own pace
Day 10 (28/3)	Unawatuna-Colombo-Airport	N/A	Yoga 8-9am Colombo City Tour and Dinner (Galleries Café or Barefoot Café) Transfer to airport 

**Notes:**

\* Pack a yoga mat or [purchase one here](#) by 28 Feb 2017 and have it delivered free to Sri Lanka.

\*\* Adam's Peak climb requires a medium level of fitness. The top can get quite cold in contrast to the rest of tropical Sri Lanka. Remember to take a warm jacket.



## Inclusions

- Airport transfers
- Accommodation at hotels in itinerary (subject to availability at time of booking), or similar on a twin-share basis
- Breakfast on all days and dinner on the final day
- Yoga lessons by Australian-based yoga teacher, [Nikki Stevenson](#)
- Air-conditioned transport
- Services of an English-speaking Chauffeur Guide
- Entrance/activity fees for Elephant Safari, Adam's Peak Climb, Galle Fort Visit, Colombo Tour, Cycle Hire

## Exclusions

- Flights/airport taxes
- Visas
- Travel insurance
- Entry fees at Sigiriya Rock Fortress, Dambulla Rock Cave Temple
- Camera and video permits at cultural sites
- Tips and portage
- Optional tours and activities
- Cost of Ayurvedic massage
- Yoga mats

## Additional Conditions:

- We require a **minimum of 6 to run this tour**. The maximum allowed on this tour is 12. If we cancel the tour due to not getting the minimum of 6 bookings, you will be **entitled to a full refund** minus any transaction fees.
- **Bookings need to be made by 31 January 2017**
- Please note usual hotel check-in time is 12 pm and check-out time is 11am. 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 hotels by selecting either "male" or "female" from the drop down box at check out.
- Hotels indicated in itinerary are subject to availability at time of booking. They may be changed to hotels of equivalent quality.
- You can find additional information to assist you with your travels on our website. Please see [Travel Essentials](#), [FAQs](#) and [Terms & Conditions](#).

**Questions?** Get in touch with us!

E [info@conscioustraveller.com.au](mailto:info@conscioustraveller.com.au) | [WhatsApp](#) +61 425 844 339 | [Skype](#) conscious.traveller