

# 7 Days Sri Lanka Pilgrimage



# Sri Lanka

In the Indian ocean, south of India lies Sri Lanka. Perhaps the slightly less travelled roots of Southern Asia.

This idyllic Buddhist island resembles a place time forgot where cows roam the lands, ancient monuments and temples are to be found almost everywhere, and rugged landscapes is home to a wonderfully diverse range of animals, especially the elephants.

Great explorers were enticed by the lush greenery, the fragrant spices and its tropical lifestyle. Some wrote chapters about it, some wrote books, and some never left after falling in love with the island and its many hidden treasures. 2000 years of cultural history is recorded at ancient sites and temples some of which are now listed UNESCO World Heritage Sites. The recent past includes the rule of the Dutch and British over this sovereign island later gaining independence in 1948.



## EXPLORE

Sri Lanka is an out of this world tropical island which is blessed with an exciting piece of everything possible on earth. Escape to a paradise on earth where you can trot along the golden sands sipping a fresh king-coconut, safari through the lush jungle to see mighty elephants and elusive leopards and perfect your golf swing on a stunning green golf course.

This is an outdoor paradise somewhere to totally escape and fall completely off the grid. Buses, tuk-tuks and mopeds all noisily hurtling along the busy streets. Once known as Ceylon, Sri Lanka was a country that

Sri Lanka is a country whose Buddhist past is as prevalent today as it was thousands of years ago. So, with such a lengthy heritage there's a great array of temples, ancient monasteries and monuments to explore, both in the town and hidden away in the islands' dense forests.

Here you'll find local artists taking their inspiration from Sri Lanka's wildlife. Sri Lankan craftsmanship has a long and vibrant history. Over the centuries the islanders have produced everything from lace work, elaborate metal works & carvings in wood. Buddha's Hindu Gods, traditional Sri Lankan masks and elephants are among the most popular carvings.

The people in Sri Lanka are what makes this wonderful island what it is. The smiles, the ever-so-helpful attitude, the laid-back lifestyle and the rustic architecture all tastefully lingers in your mind every step of the way.

## WEATHER & BEST TIME TO VISIT

The weather in Sri Lanka is dictated by two monsoon seasons which bring rain to the west and south-west coasts from May to September; and the east coast and northern region between October and February. The rest of the year is sunny and dry. Temperatures are constant year-round, with coastal regions enjoying average temperatures of 25-30C and the highlands 15-18C on average.

Sri Lanka is a year-round destination since there is something for every discerning traveler. From pilgrim experiences to adventure, culture, honeymoon, or even special interest experiences, there is something you can do in Sri Lanka anytime of the year. With recent weather pattern changes, it is hard to predict when it would rain and when the sun is out, however, making a note that Sri

Lanka is a tropical destination and rain is to be expected anytime of the day, any time of the year; always helps.

Our recommended best time of the year to travel is between November to April. However, its best to keep in mind that this period is also quite expensive to travel as the European winters and the festive year end generally attracts a lot of travelers to Sri Lanka.

## VISA

VISA can be obtained online via the government e-visa website – [www.eta.gov.lk](http://www.eta.gov.lk). If you are a citizen of Singapore, Maldives or Seychelles, you are exempt from the requirement of obtaining visa for 1 month. It could take up to 5 working days for a VISA to process depending on where you are from.

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## Day 01

## Airport - Negombo

### Meals

Open

Arrive at Colombo International Airport. Here, you will be met by a designated chauffer guide from Esna Holidays. After the formalities at the airport you will be escorted to your air-conditioned vehicle and proceed to Negombo for check-in. (Travel Time: 20 to 30 mins)

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## Day 02

## Negombo - Anuradhapura

### Meals

Breakfast, Lunch &

Dinner

After breakfast, check-out and proceed to the capital city of North Central Province, Anuradhapura. (Travel Time: 4 to 4½ hours)

En-route to Anuradhapura, visit the Padeniya Temple and Yapahuwa Rock.

Padeniya Raja maha viharaya lieing on the north western province of Sri Lanka is a wealth of fascinating antiques. The city of Kurunegala is once a birth place for interesting legends. In addition, the Buddhist temple has been maintained and protected well. Therefore, local and foreign travelers are indulged to tour the complacent Viharaya. Apart from that it was a royal capital of

ancient Sri Lanka. The original temple was a residency for legendary giant, Therapuththabhaya who later became a Buddhist monk.

Yapahuwa was the capital of Sri Lanka right after Dambadeniya, when the Dravidians invaded. The fortress was built on a giant rock in the style of the Sigiriya rock fortress. However, the architecture of this fortress is completely different from Sigiriya with wide staircases, beautiful stone sculptures and highly detailed carvings on pillars. The fortress was later used as a monastery by Buddhist monks. On your visit you will be able to climb to the fortress and view the ruins of the stupa on the summit of the rock. The stupa has some notable statues and imagery from the Kandyan era that you can

peruse. You will be spending a couple of hours at Yapahuwa.

Lunch at a local restaurant. Check-in at the hotel.

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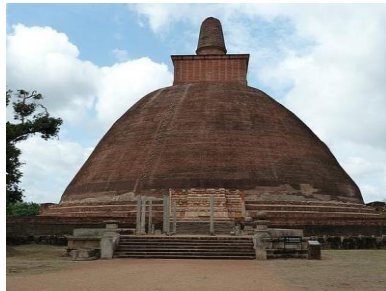
## Day 03

## Anuradhapura – Mihintale - Anuradhapura

### Meals

Breakfast, Lunch &  
Dinner

After breakfast, visit and walk through the ruins and discover ancient Buddhist monasteries and temples of the sacred city of Anuradhapura. (Travel Time: 30 to 45 mins)

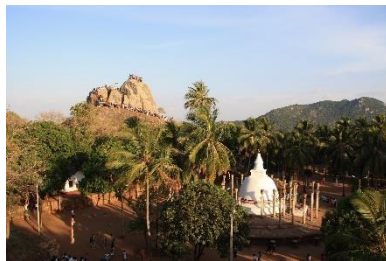


It is the capital city of North Central Province, Sri Lanka and the capital of Anuradhapura District. Anuradhapura is one of the ancient capitals of Sri Lanka, famous for its well-preserved ruins of an ancient Sri Lankan civilization. It was the third capital of the kingdom of Rajarata, following the kingdoms of Tambapanni and Upatissa Nuwara.

The city, now a World Heritage site, was the center of Theravada Buddhism for many centuries. The city lies 205 km (127 mi) north of the current capital of Colombo in the North Central Province, on the banks of the historic Malvathu River. It is one of the oldest continuously inhabited cities in the world and one of the eight World Heritage Sites of Sri Lanka.

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Lunch at a local restaurant. Later that evening, a visit to Mihintale.



Mihintale is a mountain peak near Anuradhapura in Sri Lanka. It is believed by Sri Lankans to be the site of a meeting between the Buddhist monk Mahinda and King Devanampiyatissa which inaugurated the presence of Buddhism in Sri Lanka. It is now a pilgrimage site, and the site of several religious monuments and abandoned structures.

On completion, return to the hotel and relax.

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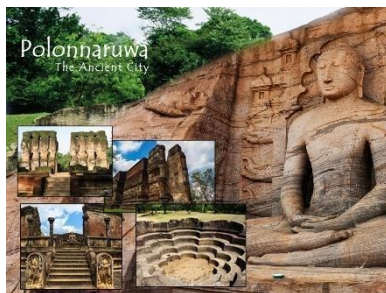
## Day 04

## Anuradhapura - Polonnaruwa

### Meals

Breakfast, Lunch &  
Dinner

After breakfast, check-out and proceed to the ancient city of Polonnaruwa. (Travel Time: 2½ to 3 hours)



worth the trip.

Enter the Ancient City of Polonnaruwa. Kings ruled the central plains of Sri Lanka from Polonnaruwa 800 years ago, when it was a thriving commercial and religious center. The glories of that age can be found in the archaeological treasures that still give a pretty good idea of how the city looked in its heyday. You'll find the archaeological park a delight to explore, with hundreds of ancient structures – tombs and temples, statues and stupas – in a compact core. The Quadrangle alone is

After lunch at a local restaurant, return to the hotel and relax.

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## Day 05

## Polonnaruwa - Sigiriya - Dambulla

### Meals

Breakfast, Lunch &  
Dinner

After breakfast, check-out and proceed to Sigiriya Rock Fortress. (Travel Time: 2½ to 3 hours)

Sigiriya Rock Fortress: Called by many names including "The Lion Rock" for its initial name of "Sinhagiri", Sigiriya is near the town of Dambulla and is a colossal column of rock nearly 200m high. It was a royal citadel for 18 years (477-495) when it was fortified by King Kasyapa. The architectural and irrigational technologies of Sigiriya, such as the Water Gardens, still baffle engineers. The climb up steep steps of metal with railings passes a wall

decorated with frescoes of bare-breasted women. Art experts consider them unique.

After lunch at a local restaurant, transfer to the hotel for check-in and relax.

Later that evening, visit the cave temple at Dambulla.

The Dambulla temple has five caves and 157 statues of the Lord Buddha, many paintings on the ceilings and walls that emphasize the artistic talent of ancient days. The history of the caves, rock and temple dates from the 1st century BC. The fascination of these caves is not only the statues but also the many intricate and delicate paintings that cover the ceiling and walls, created with indigenous traditional paints. Because of the history, archaeological and artistic implications,

the premises were declared as one of the UNESCO World Heritage sites in 1991. The temple has been in use for over 22 centuries and still holds a sense of benevolence and spirituality.

Return to the hotel and relax.

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## Day 06

## Dambulla - Kandy

### Meals

Breakfast, Lunch &

Dinner

After breakfast, check-out and proceed to Kandy. En-route to Kandy, visit to the Aluvihare Rock Temple. (Travel Time: 3 to 3½ hours)



The Aluvihare Rock Temple is a sacred Buddhist temple located in Aluvihare, Matale District of Sri Lanka. The history of Aluvihare Rock Temple is traced back to the 3rd Century B.C to the reign of King Devanampiyatissa. It is believed that the King built the dagoba, planted the Bo sapling and founded the temple after the introduction of Buddhism to the country during his reign. The Temple was the historic location where the Pāli Canon was first written down completely in text on palm leaves. Many monastery caves, some of which exhibit frescoes are situated near this temple.

After lunch at a local restaurant, check-in at the hotel in Kandy and relax.

Later that evening, visit the Temple of the Tooth Relic.

The Temple of the Sacred Tooth (Sri Dalada Maligawa) was originally built by the Kandyan Kings in 1595, to house and honor the sacred tooth relic of the Buddha. Attracting crowds of white-clad pilgrims bearing lotus flowers for means of worship, the Maligawa features a myriad of intricate carvings that speak volumes of the architectural values of Kandy. Today the City of

Kandy is a UNESCO World Heritage Site in part because of the Temple of the tooth relic.

Return the hotel and relax.

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## Day 07

## Kandy - Colombo - Airport

### Meals

Breakfast, Lunch &

Dinner

After an early breakfast, check-out and then go on a Kandy city tour. (Travel Time: 3½ to 4 hours)



Surrounded by the rolling landscape of middle Sri Lanka, Kandy, or Maha Nuwara (great city) in Sinhalese is great to explore on foot. Glide past Kandy Lake, witnessing glimpses of the Temple of the Tooth on your way to the British Garrison Cemetery, awash with intriguing stories of colonial residents. Experience the religious diversity of the island from the temple grounds to an elegant church, effervescent kovil and past a local mosque. Break at the Empire Café before roaming busier streets packed with vendors and historical monuments. Finish your walk at Kandy's enticing main market, brimming with native fruits and vegetables.

On completion, lunch at a local restaurant and proceed to Colombo.

On arriving Colombo, visit the Bellanwila Rajamaha Vihara temple.



Bellanwila Rajamaha Vihara occupies a special place in the temple-studded paradise island of Sri Lanka. This temple is considered so sacred that there is a long-cherished belief that a child who treads the ground under the shade of its sacred Bodhi-tree will never fail in life. Bellanwila temple has a long and hallowed history. The great sanctity attached to the temple is due to its sacred Bodhi-

tree. The state of the shrine after the planting of the Bodhi-sapling is shrouded in the mists of history. Neither literary nor archaeological evidence is available to reconstruct its history.

Later that day, go on Colombo city tour.



Colombo City & Shopping Tour: Take a fascinating journey in the capital of the isle paradise to taste its cultural texture, witness its bustling streets, visit bargain markets, and also relax while watching the uprising urban lifestyle of the capital. This commercial and administrative hub of the country proves to be a blend of cultures, religions, and socioeconomic classes. Your city tour will cover the

following: Gangarama Seema Malakaya, National Museum, Old Parliament, Independence Memorial Arcade & Independence Square, Beire Lake, Odel shopping, Cinnamon gardens, Shopping at Laksala state owned Handicrafts emporium, Lighthouse and Clock tower & Colombo Harbor.

After dinner at a local restaurant, depending on your departure flight time, transfer to the Airport for departure. (Travel Time: 45 mins to 1 hour)

Don't forget to recollect the memories of your trip with your chauffer and write your feedback.

End of tour

## Hotels

Location	3 Star Hotel	4 Star Hotel	4 Star Hotel	No. of Nights
Negombo	Full Moon Garden Hotel	Amora Lagoon	The Gateway Airport Garden	1 Night
Anuradhapura	Heritage Hotel	Rajarata Hotel	Forest Rock Garden	2 Nights
Polonnaruwa	Hotel Sudu Araliya	The Lake Hotel	The Lake Hotel	1 Night
Dambulla	Sigiriana Resort by Thilanka	Habarana Village by Cinnamon	Cinnamon Lodge Habarana	1 Night
Kandy	Thilanka Hotel	Earl's Regent Hotel	Mahaweli Reach Hotel	1 Night

## Cost of tour in USD Per Person

### 3 Star Hotel

Period from 1<sup>st</sup> September to 31<sup>st</sup> October 2019

Pax	1	2	4	6	8
Standard Room per Person Rate in USD	946.00	641.00	584.00	557.00	547.00
Single Supplement (USD)		221.00	221.00	221.00	221.00

### 4 Star Hotel

Period from 1<sup>st</sup> September to 31<sup>st</sup> October 2019

Pax	1	2	4	6	8
Standard Room per Person Rate in USD	1,079.00	713.00	656.00	631.00	619.00
Single Supplement (USD)		305.00	305.00	305.00	305.00

### 5 Star Hotel

Period from 1<sup>st</sup> September to 31<sup>st</sup> October 2019

Pax	1	2	4	6	8
Standard Room per Person Rate in USD	1,224.00	793.00	736.00	711.00	699.00
Single Supplement (USD)		360.00	360.00	360.00	360.00

## Supplements

### Peak Season

**3 Star Hotel** - 01<sup>st</sup> July to 31<sup>st</sup> August 2019

- USD 34.00 Per Person

**4 Star Hotel** - 01<sup>st</sup> July to 31<sup>st</sup> August 2019

- USD 60.00 Per Person

**5 Star Hotel** - 01<sup>st</sup> July to 31<sup>st</sup> August 2019

- USD 60.00 Per Person

### Compulsory

Kandy Perahera Supplement (5<sup>th</sup> August to 15<sup>th</sup> August)

- USD 80.00 Per Room



## Tour Includes

- Accommodation in hotels as per the itinerary (Subject to availability)
- Meal plan on full board basis - Starting from breakfast on Day 02 and ending with Dinner on Day 07.
- Transport in an Air-Conditioned well-maintained vehicle with the service of an English-Speaking Chauffeur Guide at your disposal always.
- Entrance Fees to Yapahuwa Rock, Anuradhapura, Mihintale, Polonnaruwa, Sigiriya Rock Fortress, Dambulla Cave Temple, Aluvihara Temple, Temple of the Tooth Relic, Colombo National Museum & Gangarama.
- Kandy & Colombo City Tour.
- All Paging, Parking, Fuel Costs & Highway Tolls.
- Guided Visits to all entrance sights.
- All Taxes and Service Charges.

## Tour Excludes

- International Flights & VISA (Visit [www.eta.gov.lk](http://www.eta.gov.lk) for VISA)
- Tips and Porterage.
- All beverages.
- Camera & Video Permit Charges if applicable.
- Any other expense not mentioned in the includes section.

## Complimentary

- 1 Liter Bottle of Water Per Person Per Day
- Local SIM Card (On Request)

[Click here to Submit Enquiry](#)

(EH-23/03/2019)