

### HIGHLIGHTS OF SRI LANKA 07 NIGHTS / 08 DAYS

Highlights of the Sri Lanka will take you through the main historical places of the Cultural Triangle, the charming natural beauty of famous Ella.

#### Day 01

Upon arrival, when you leave the airport terminal please look for your tour guide displaying a signboard with your name.

Transfer to your hotel in Negombo

#### Overnight stay in Negombo

#### Day 02

After breakfast proceed to visit Anuradhpura which was the capital from the 4th Century B.C. and features well-preserved ruins of ancient Sri Lankan civilization.

Also visit Mihintale which is a mountain peak near Anuradhapura. It is revered as the birthplace of Buddhism in Sri Lanka.

*Anuradhapura was the first capital of Sri Lanka, famous for its well-preserved ruins of ancient Lankan civilization. From the 4th century BC, it was the capital of Sri Lanka until the beginning of the 11th century AD. During this period it remained one of the most stable and durable centers of political power and urban life in South Asia. Sri Maha Bodhi (Sacred Bo-Tree) was brought as a sapling of the tree under which prince Siddhartha attained to enlightenment and it is over 2,200 years old and is the oldest historically documented tree in the world. Samadhi' Buddha statue (4th century AD) is one of the most famous statues, depicting the Buddha in a state of 'Samadhi' ; deep meditation.*

#### Stay overnight in Anuradhpaura

#### Day 03

After early breakfast leave for Sigiriya and Climb Sigiriya rock fortress

*Sigiriya is home to the 5th Century 'Fortress in the Sky' which is perhaps the most fantastic single wonder of the Island built by King Kashyapa (477-495 AD). It is also known as Lion Rock because of the huge lion that used to stand at the entrance to the fortress. Within its triple-moated defence the huge rock rises almost to a sheer height of 500ft. On its summit are the foundations of what was once a great and sumptuous palace and gardens complete with swimming pool. On one of the stairways the only known ancient work of Sinhala secular painting survived in the form of frescoes of life sized damsels in all the freshness and delicacy of their original color. These Frescos painted in earth pigments on plaster.*

In the afternoon visit Polonnaruwa, which was the second capital city of Sri Lanka. Here you can see the ruins of the Royal Palace, temples and splendid statues of the Buddha.

*Polonnaruwa which was the 2<sup>nd</sup> capital of Sri Lanka - the Capital of Sri Lanka from 11th - 13th Century, contains some splendid and spectacular status. Lankatilake, Thivanka and Thuparama are the most beautiful and largest shrine ruins and Thivanka has the best example of frescoes of the Polonnaruwa period. Rankot Vihara and Kiriwehera are well preserved large stupas, and Gal Vihare - a rock shrine, has four Buddha statues, two seated, one standing and one reclining and Parakrama Bahu statue are examples of Sinhalese stone carver. The Vata-da-ge is a unique creation of Sri Lankan artists and the remains of a former Temple of the Tooth Relic*

#### Stay two nights in Habarana

#### Day 04

#### Breakfast at the hotel

Late morning, you are taken to a local village where you will see typical village houses and take a short walk to the lake to take a catamaran ride and admire the views. Enjoy a local lunch with villagers. Also see a farm and the farmers tree house and enjoy a coconut freshly cut from his trees.

Visit Dambulla cave temples which is the largest and best-preserved **cave temple** complex in Sri Lanka dates from the third and second centuries BC (1st century BC to 993 AD)

***Dambulla** - is famous for the five cave Temples on a rock which was donated by king Walagambahu in the 1st century BC to Buddhist monks. The first 03 caves are better, older and larger than the other two. All the 5 cave walls and ceilings are covered with Buddhist murals and there are more than 130 Buddha statues, statues of Gods and Kings are also found here.*

#### **DAY 05**

After breakfast proceed to Kandy. En route visit a spice garden in Matale.

**Spice Garden at Matale** and see the luscious Cinnamons, Cardamons, Pepper plants etc. You can also purchase your requirements of spices. You can have Srilankan style home made lunch at the Spice Garden if interested.

Thereafter proceed to Kandy. Take tour the Temple of the Tooth Relic and Royal Botanical Gardens in Peradeniya

In culturally rich Kandy drive around the lake built by the last Sinhala king in 1798, and visit the bazaar, arts and crafts centre, a gem museum and a lapidary

In the evening watch a cultural show featuring the exotic traditional dances of Sri Lanka.

**Stay overnight in Kandy**

#### **DAY 06**

Transfer from your hotel to Peradeniya rail station, for a scenic train from Peradeniya to Ella. Pickup from Ella railway station and transfer to your hotel in Ella

**Stay two nights in Ella**

#### **Day 07**

After breakfast proceed on sightseeing in Ella including 9 arches bridge, Ella gap and little Adam's peak.

#### **Day 08**

After breakfast we drive to Airport for your departure flight via southern motorway OR to your preferred beach destination in Sri Lanka.

#### **PACKAGE INCLUDES:**

- Meet and assist arrival and departure at the airport.
- Tour as per the itinerary
- Transport is by air-conditioned car/van with an English speaking chauffeur guide.
- 07 nights accommodation based on HALF BOARD basis in hotels mentioned or similar.
- Entrance fees as per itinerary.
- Train ride from Kandy to Ella

Braga Travel Consulting – [www.chinalife.com](http://www.chinalife.com) – [www.bonniebraga.com](http://www.bonniebraga.com) – email:  
[braga.bonnie@gmail.com](mailto:braga.bonnie@gmail.com) [bonniebraga@msn.com](mailto:bonniebraga@msn.com) – phone 1305-6069894 13053824294

- Service charges and government taxes

**PACKAGE EXCLUDES:**

- Any additional excursions not specified in the itinerary.
- Lunch and any additional meals/snacks.
- Expenses of a personal nature.
- Tips