



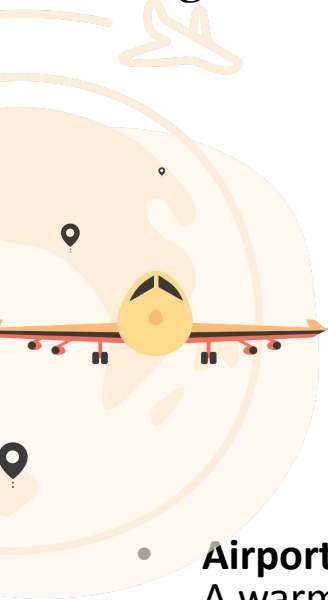
7-Day Cultural & Nature Tour of Sri Lanka



*Ancient Cities, Scenic Highlands &
Southern Wild life*

Day 01 – Arrival | Dambulla Cave Temple | Minneriya Safari

Overnight: Habarana



- **Airport Pickup at Katunayake (BIA):**
A warm welcome awaits you at Bandaranaike International Airport as your journey into the cultural heart of Sri Lanka begins.
- **Dambulla Cave Temple:**
Explore the UNESCO World Heritage-listed **Golden Cave Temple of Dambulla**, a 2,000-year-old marvel with vibrant frescoes and over 150 Buddha statues nestled within five ancient caves atop a hill.
- **Lunch in Dambulla:**
Enjoy a local Sri Lankan meal with a view of the countryside.
- **Evening Safari – Minneriya / Kaudulla / Eco Park:**
Head into the wild for a thrilling jeep safari in one of the “**elephant corridor**” parks – home to hundreds of wild elephants and a variety of birdlife. A spectacular opportunity for wildlife photography, especially during sunset.



Day 02 – Sigiriya Fortress & Polonnaruwa Ancient City

Overnight: Habarana

- **Morning Visit to Sigiriya Rock Fortress:**

Climb the majestic **Sigiriya Lion Rock**, a 5th-century royal citadel rising 660 feet from the jungle. Admire its water gardens, frescoes of heavenly maidens, and panoramic views from the summit.

- **Visit to Polonnaruwa:**

Explore the ancient kingdom of **Polonnaruwa**, a UNESCO World Heritage Site. Wander through ruins of palaces, massive stone Buddha statues, and sacred stupas that tell the story of Sri Lanka's medieval glory.

- **Return to Habarana:**

Rest and relax at your hotel amid the peaceful surroundings of the jungle.



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Day 03 – Scenic Drive to Kandy | Cultural Evening

Overnight: Kandy

- **Travel to Kandy:**
Journey through lush landscapes to **Kandy**, the hill capital and a center of culture and tradition.
- **Evening Cultural Show:**
Enjoy a vibrant **Kandyan dance performance**, featuring traditional drumming, fire-walking, and ceremonial dances.
- **Visit to the Temple of the Sacred Tooth Relic:**
Enter the revered **Sri Dalada Maligawa**, where a relic of the Buddha is enshrined. This sacred temple is the spiritual heart of Sri Lanka and a must-visit in Kandy.



Day 04 – Kandy to Nuwara Eliya via Botanical Gardens & Waterfalls

Overnight: Nuwara Eliya

- **Kandy City Tour:**
Morning walk around **Kandy Lake**, local shops, and the bustling markets.
- **Peradeniya Botanical Garden:**
Explore Sri Lanka's largest botanical garden, famous for its orchid collection, palm avenues, and giant Javan fig tree.
- **Scenic Drive via Ramboda Falls:**
Stop for a hearty **Sri Lankan lunch at Ramboda**, with views of waterfalls cascading through the forested hills.
- **Tea Factory and Plantation Visit:**
Witness the age-old process of Ceylon tea production and stroll through the picturesque **tea gardens of Nuwara Eliya**, also known as “**Little England**” for its cool climate and colonial architecture.



Day 05 – Nuwara Eliya | Horton Plains or Scenic Train to Ella

Overnight: Ella

- **Nuwara Eliya City Tour:**

Visit **Gregory Lake**, the old post office, and other colonial-era landmarks.



- **Optional: Horton Plains & World's End:**

Embark on a morning trek to **World's End**, a dramatic escarpment offering one of the island's most breathtaking views. (Recommended for nature lovers and hikers)



- **Alternatively – Train Journey to Ella:**

Be dropped off at **Nanu Oya railway station** for the iconic train ride to **Ella** — considered one of the most beautiful in the world. Pass through cloud forests, tea estates, and valleys.



- **Nine Arches Bridge:**

Visit the famous **Nine Arches Bridge**, an architectural marvel amidst the misty hills — especially magical if you catch a train crossing.

Day 06 – Waterfalls, History & Safari Adventure

Overnight: Yala

- **Rawana Falls:**
Visit the majestic **Rawana Falls**, cascading down a steep rock face near Ella — a perfect spot for photos and a refreshing break.
- **Buduruwagala Ancient Rock Statues:**
Discover the towering 10th-century **rock-cut Buddha statues** hidden in a tranquil forest — a peaceful and lesser-visited archaeological site.
- **Evening Safari at Yala National Park:**
Experience a thrilling jeep safari in **Yala**, home to elephants, sloth bears, crocodiles, and the **highest density of leopards** in the world.



Day 07 — Southern Coast | Whale Watching | Galle Fort | Departure

End at Colombo or Airport (Katunayake)

- **Transfer to Mirissa:**

Head to the sun-kissed beaches of the **southern coast**.

- **Optional Whale Watching (Seasonal):**

Take an early morning boat ride from **Mirissa** to see **blue whales, sperm whales, and dolphins** in their natural habitat (available during peak months: Nov–April).



- Visit Galle Fort:
Explore the historic Galle Fort, a UNESCO site built by the Portuguese and fortified by the Dutch. Walk along the ramparts, lighthouse, colonial streets, and boutique shops.
- Ahangama Stilt Fishermen (Photo Stop):
Witness the unique stilt fishing tradition of Ahangama — one of Sri Lanka's most iconic images.
- Evening Drop-off at Colombo or Bandaranaike International Airport (BIA):
Conclude your unforgettable Sri Lankan journey with a relaxing drive back to the capital.





Tour Highlights

- Ancient wonders: Sigiriya, Polonnaruwa & Dambulla
- Cultural immersion in Kandy
- Scenic train through tea country
- Highlands of Nuwara Eliya & Ella
- Wildlife safaris & whale watching
- Historic Galle & southern beaches



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