



## SRI LANKA

# WELLNESS TOUR OF SRI LANKA (TOUR CODE: 11547)

### STARTS AND ENDS

in Colombo

### TRAVEL PERIODS

01 Jan 24 - 30 Jun 24

### EXPERIENCE

Wellness  
Wildlife

### TRAVEL STYLE

Independent Holiday Packages

"Discover charming spots, enjoy breathtaking views, and pamper yourself with luxury wellness for complete rejuvenation.

## Highlights

- Explore **Minneriya National Park** by Jeep Safari
- Enjoy **Ayurveda treatments** in Kandy & Sigiriya
- Visit the famous **Pidurangala Rock**
- Embrace **sunrise and sunset yoga** during your stay in Sigiriya

Leave your worries and stress behind as you reward yourself with a revitalising experience in Sri Lanka. This 8-day private escorted package is filled with holistic activities such as yoga, sauna and an array of traditional treatments that gives you relief and tranquility while enjoying the beautiful attractions of Sri Lanka. Your journey starts at Negombo where you'll have the whole day to enjoy at your own leisure. Then you'll spend 3 nights at Sigiriya including a special ayurveda treatment, morning yoga, cooking demo and pottery lessons.

You'll continue this refreshing experience in Kandy where you'll spend another 3 nights that includes a special ayurveda treatment as recommended by the spa consultant, sunrise and sunset yoga, use of sauna and steam and salt bath.



- ✓ ENTIRE Cooling-Off Period
- ✓ ENTIRE Change of Mind
- ✓ ENTIRE On Ground Support
- ✓ ENTIRE AUD Prices
- ✓ ENTIRE Industry Accredited
- ✓ ENTIRE Australian Owned

## INCLUSIONS

- 1 night in Negombo
- 3 nights in Sigiriya
- 3 nights in Kandy
- Private transfers with English speaking driver guide
- Breakfast and Dinner in Negombo, and Sigiriya
- Breakfast, Lunch and Dinner in Kandy
- Jeep Safari in Minneriya National Park
- Wellness Treatments in Kandy
- Diagnosis & Treatments by the resident Ayurveda Doctor in Sigiriya
- Morning and evening yoga, cookery demo, pottery experience in Sigiriya

## ITINERARY

Day **1**

### Airport Negombo

Arrival in Sri Lanka / Meet & Greet at the airport where you will meet your private guide. You will then proceed to Negombo in your private car (approximately 25 minutes travel time).

Explore the charm of Negombo with an afternoon visit to its fishing village and historical Dutch buildings. Negombo, a renowned fishing village on Sri Lanka's west coast, boasts picturesque landscapes, vibrant fish markets, and cultural richness. The village is nestled along a large lagoon interconnected with canals, offering a unique setting. Fishing is the main livelihood, providing a glimpse into traditional activities like colorful boats and net casting. Immerse yourself in Negombo's cultural heritage, featuring old Dutch buildings.

Overnight stay in Negombo at **Regent Arie Lagoon** in a Deluxe Room.

Dinner



NEGOMBO BEACH

Day **2**

## Negombo Sigiriya

Enjoy breakfast at the resort.

Afterwards, you'll head to Sigiriya (approximately 4 hours travel time) and check in at the resort. Spend the rest of the day at your leisure.

Overnight stay in Sigiriya at **Kaveri Ayurveda Resort** in a Deluxe Room.

Breakfast, Dinner



SIGIRIYA

Day **3**

## Sigiriya

Enjoy breakfast at the resort.

Today, you'll enjoy some **wellness retreats** including one Ayurveda Treatment (as recommended by the spa consultant) per person, morning and evening yoga, cooking demo and pottery experience.



Overnight stay in Sigiriya at **Kaveri Ayurveda Resort** in a Deluxe Room.

Breakfast, Dinner



Day 4

## Sigiriya Minneriya Sigiriya

Enjoy breakfast at the resort.

Afterwards, you'll take a **Jeep Safari at Minneriya national park**. The park covers 8,890 hectares and consists of a mixed forest of evergreen shrubs, a favourite habitat for animals, which include leopards, deer and wild elephants. You can also see huge flocks of birds, including cormorants and painted storks that come to fish in the shallow waters.

Return to the resort and spend the rest of the evening at your leisure.

Overnight stay in Sigiriya at **Kaveri Ayurveda Resort** in a Deluxe Room.

Breakfast, Dinner



## Sigiriya Kandy

Enjoy breakfast at the resort.

Today, you'll proceed to Kandy (approximately 3 hours drive) and check in at the resort. Spend the rest of the day at your leisure.

Overnight stay in Kandy at **Tree of Life Village** in a Bungalow Room.

Breakfast, Lunch, Dinner



## Kandy

Enjoy breakfast at the resort.

Experience a day of **wellness at the hotel**. This includes one Ayurveda Treatment (as recommended by the spa consultant) per person. You can also take advantage of free sunrise and sunset yoga, use of sauna facilities, team and salt bath and laundry services.

Overnight stay in Kandy at **Tree of Life Village** in a Bungalow Room.

Breakfast, Lunch, Dinner





Day **7**

## Kandy

Enjoy breakfast at the resort.

Today is another **day of wellness** at the hotel including one Ayurveda Treatment (as recommended by the spa consultant) per person. You can also take advantage of free sunrise and sunset yoga, use of sauna facilities, team and salt bath and laundry services.

Overnight stay in Kandy at **Tree of Life Village** in a Bungalow Room.

Breakfast, Lunch, Dinner



Day **8**

## Kandy Airport

Enjoy breakfast at the resort.

You will then be transferred at the airport for departure.

## ACCOMMODATION

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### Kaveri Ayurveda Resort

#### Sigiriya

Situated in the heart of the historic city of Sigiriya, surrounded by enchanting greenery, The Kaveri Ayurveda Resort & Spa presents a 5-star luxurious getaway. Its distinctive location in the inland area makes it an ideal setting for effective Ayurveda treatments, benefitting from a more pleasant and drier climate compared to coastal destinations. Gentle breezes prevail, accompanied by clean, oxygen-rich air, and the secluded ambiance in harmony with nature contributes positively to the healing process. Specially crafted hotel lakes offer additional cooling for a truly rejuvenating experience.



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### Regent Arie Lagoon

#### Negombo

Step into a world of opulence and extravagance, as you indulge in a luxurious retreat at the exquisite Regenta Arie Lagoon, set in the picturesque fishing village of Thalahena, Negombo. Our resplendent resort, perched gracefully between the sparkling lagoon and the magnificent Indian Ocean, offers a tranquil escape from the hustle and bustle of city life. Here, every guest is treated like royalty, as our warm hospitality, lavish amenities, and exceptional services combine to create an unforgettable experience.





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## Tree of Life Village

### Kandy

Renowned as one of Kandy's premier nature-centric hotels, the "Tree of Life" creates a lasting harmony between you and the surrounding environment. Standing out among the top choices of Kandy hotels, it sets itself apart with unique features that ensure the best in accommodation, hotel facilities, and rejuvenating Ayurveda treatments. This distinctiveness enhances your holiday experience, infusing it with pure happiness and making the Tree of Life a standout choice for those seeking a special connection with nature in Kandy.





# ADDITIONAL INFORMATION

<b>OFFICIAL LANGUAGE</b> Sinhala and Tamil	<b>LOCAL CURRENCY</b> Sri Lanka Rupee (Rs)
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We work with a selection of hotels in each location. All bookings are subject to availability, which means our team will confirm your specific hotels upon confirmation and payment of deposit. The package price is based on 4-star accommodation.

## Excluded

- International airfares and taxes
- Domestic airfares and taxes, unless otherwise specified in our holiday package
- Visa expenses, processing and issuance fees
- Meals other than as specified in our holiday package
- Travel Insurance or expenses of a personal nature (mini-bar, phone call, laundry, etc.),
- Tips or gratuities to guides, drivers, porters, hotel, restaurant or boat staff, etc.
- Or any other travel expense that has not been included in our holiday package