

ESSENCE OF SRI LANKA
(7 NIGHTS/ 8 DAYS)



Let your imagination soar

About &Beyond Asia

Established in 1991, &Beyond strives to leave our world a better place through the delivery of extraordinary travel experiences and our care of the land, wildlife and people. We are bespoke tour operators for sub-Saharan Africa, Asia, South America and Antarctica. We also own and manage 29 extraordinary lodges and camps across three continents. We positively impact 75 communities and directly conserve our footprint of 1 million acres. Our 2030 vision is to scale our impact through partnerships to support the conservation of an associated 40 million acres of key biospheres and to double our 2020 impact investment, while offering discerning travellers a rare and exclusive experience of the world as it should be.

Welcome to Sri Lanka

The tear drop shaped island of Sri Lanka lies in the Indian Ocean just off the southern tip of India. With its golden sandy beaches, azure blue waters and warm tropical climate, Sri Lanka is a year-round destination for holidaymakers seeking sun, sand and sea.

The island has a rich cultural heritage that dates back over 2,000 years which is linked to the origins of Buddhism in the country with magnificently constructed stupas and the ruins of ancient kingdoms. Controlled from the 16th century onwards by the Portuguese, Dutch and finally the British prior to gaining full independence in 1948, the influences of colonial powers remain visible in architecture and a number of forts across the country.

Sri Lanka is recognised as a global biodiversity hotspot with a rich variety of endemic flora and fauna, and incredibly for a small island, can boast of large iconic animals such as the Asian Elephant, Leopard and the largest animal to have inhabited our planet, the Blue Whale. From palm fringed beaches to scrub jungles and numerous man-made lakes in the lowlands to tropical rainforests, cloud forests and highlands laden with waterfalls at its centre, this resplendent isle is abundant in natural beauty.

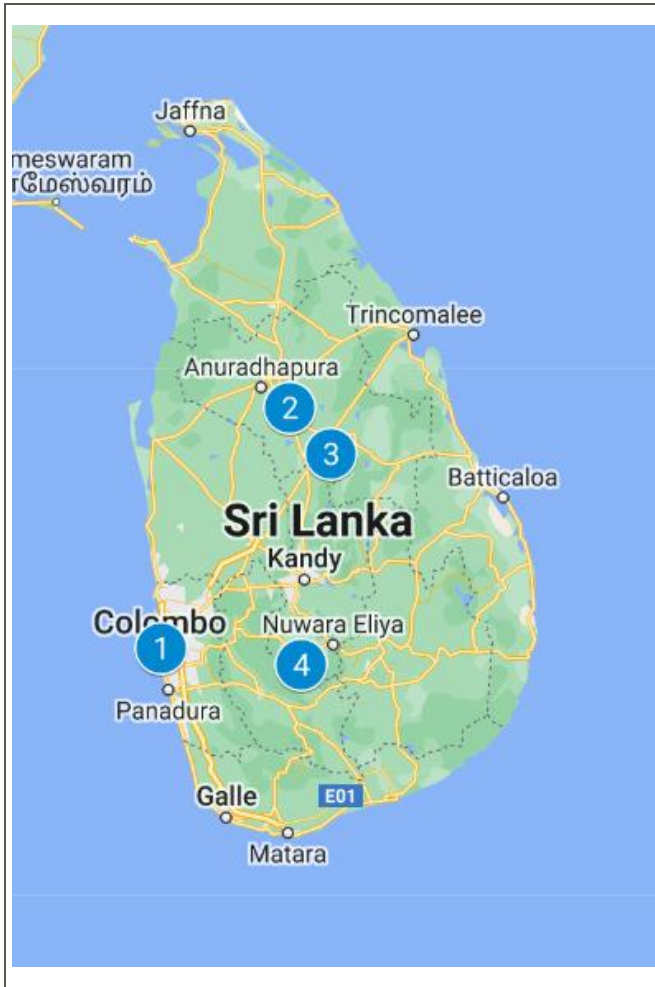
Highlights of the Itinerary:

- Explore the ancient city of Anuradhapura.
- Walk with pilgrims in Kandy's Temple of the Sacred Tooth Relic
- Tea experience in Hatton
- Look for wild Asian elephants in Kaudulla National Park with an expert
- Climb the legendary rock citadel in Sigiriya



At a glance

Sri Lanka



7 nights / 8 days

1 - Tintagel - Colombo (Day 1)

2 - Uga Ulagalla Resort - Thirappane (Day 2,3)

3 - Water Garden Resort, Sigiriya (Day 4,5)

4 - Ceylon Tea Trails - Hatton (Day 6,7)

AN & BEYOND CUSTOM-DESIGNED ITINERARY		
DATE	SERVICE	ACCOMMODATION
Day 1-	Arrive at Colombo's Bandaranayake International Airport, Katunayake	
	Welcome on arrival and transferred to The Tintagel Colombo (approximately 50 minutes' drive)	
	Check in to the hotel relax after a long flight	
	Later in the afternoon go on a Colombo city tour with your guide	
	Overnight at The Tintagel Colombo https://paradiseroadhotels.com/tintagel/	Executive Suite - BB
Day 2-	After breakfast proceed to Ulagalla Resort (approximately 4-hour drive)	
	Arrive in Thirappane and Check in to Ulagalla Resort	
	Spend the rest of the day at leisure	
	Later in the afternoon take a scenic 4x4 drive to a lake and experience beautiful Sunset while sipping a cup of tea	
	Overnight at Ulagalla Resort, Thirippane - 2 nights https://www.ugaescapes.com/ulagalla/	Ulagalla Pool Villa - HB
Day 3 -	Spend the morning at leisure while enjoy some great in-house activities Ulagalla has to offer	

	In the late afternoon explore the city of Anuradhapura (approximately. 30 minutes' drive)	
	Tonight enjoy the Special "Kamatha Dinner at the Kamatha restaurant	
	Overnight at Ulagalla Resort, Thirippane	Ulagalla Pool Villa - HB
Day 4 -	After breakfast proceed to Sigiriya (approximately. 1 hour drive)	
	Arrive in Sigiriya and Check in to Water Garden Resort, Sigiriya	
	Later in the afternoon climb one of the island's most spectacular sight, the 5th century rock fortress of Sigiriya which is also a UNESCO World Heritage Site to witness the beautiful sunrise (approximately 10 minutes' drive)	
	Return to Water Garden and relax	
	Spend 2 nights at Water Garden Resort, Sigiriya https://www.watergardensigiriya.com/	Superior Deluxe Pool Villa - HB
Day 5	After a breakfast, explore a remote village on Tuk Tuks (E Bikes are also available) (approximately 45 minutes' drive) <i><u>Colours and Sounds of Habarana is not just a ride through a village, it is an experience created for visitors to get hands on experience and understanding of the livelihood, culture, and way of life in a typical village.</u></i>	
	Later in the afternoon venture out on a Jeep Safari at Minneriya National Park to look for wild Asian elephants with an expert	
	Overnight at Water Garden Resort, Sigiriya	Superior Deluxe Pool Villa - HB
Day 6	After breakfast proceed to Kandy (approximately 2-hour drive)	
	Visit the Temple of the tooth relic in Kandy	
	Then Continue the drive to Ceylon Tea Trails (approximately 2-hour drive)	
	Arrive and check-in to Ceylon Tea Trails, Hatton	
	Spend the rest of the afternoon at leisure	
	Overnight stay at Ceylon Tea Trails, Hatton - 2 Nights http://www.resplendentceylon.com/teatrails/	Garden Suite AI
Day 7	Afterwards, enjoy a tea experience at the Dunkeld tea factory.	
	Rest of the day at leisure or engage in some of the in-house activities along with (Activity cost payable direct) <ul style="list-style-type: none"> • Kayaking in the Castlereagh reservoir • Mountain Biking • Play a game of croquet. Or simply relax and enjoy the scenery from your bungalow	
	Overnight at Ceylon Tea Trails, Hatton	Garden Suite AI

Day 8	Transfer from Hotel to Bandaranaike International Airport for your departure flight (Approximately 3 ½ -hour drive). (We recommend you at the airport <u>at least 3 hours</u> prior to the departure flight)	
	End of Tour	

GLOSSARY

Sri Lanka

BB = Bed and breakfast

HB = Room, breakfast and dinner

FB = Full Board basis of room and all meals. (Please check itinerary for specific includes and excludes per property)

AI = Inclusive of all meals, drinks, and activities (please check itinerary for specific details per property)

ENTRY/VISA REQUIREMENTS

- As per the updated entry/visa policy in Sri Lanka, all visas must be applied online through the Immigration ETA portal <https://www.srilankaevisa.lk/>
- A valid passport, not less than 6 months, a confirmed return or onward air ticket and sufficient funds for the stay are other entry requirements to the country.
- Please note that the above details are subject to change when the government authorities revise their policies.
- Please click on the below links for more details on the new regulations
- Information: <https://www.srilankaevisa.lk/information>
- FAQs: <https://www.srilankaevisa.lk/faq>
- **SATELLITE PHONES AND DRONES ARE NOT ALLOWED IN SRI LANKA**

Expect the extraordinary

Day 1 - Colombo

Arrive at Colombo's Bandaranayake International Airport, Katunayake

Welcome on arrival and transferred to The Tintagel Colombo (approximately 50 minutes' drive)

Check in to the hotel relax after a long flight

Tintagel Colombo

Located amidst the vibrant streets of Colombo, The Tintagel is a magnificently chic hotel that previously hosted political leaders and royalty. The hotel offers 10 individually designed suites. The Royal Suites are incredibly spacious and luxurious, featuring separate living rooms; the Superior Suites, adorned in light blue and off-white colours create a serene ambience, and offer an outdoor lounge area and private plunge pool; the Executive Suites reveal high ceilings and beautiful textures and colours with lovely bathrooms. All three accommodation options feature a private lounge and balcony area.

Delicious fare is served at the stylish Dining Room, a sophisticated restaurant serving an à la carte menu. The Private Dining Room serves delectable canapés and petit fours, and the Red Bar, exquisitely decorated with antique French baroque candle-stands and mirrors, is ideal for a nightcap and intimate chat. Numerous facilities at hotel ensure an impeccable stay, such as a well-equipped gym, a lap pool, a beautiful library to spend quiet moments pouring over books, and a fantastic spa for pampering treatments.

Later in the afternoon go on a Colombo city tour with your guide

City of Colombo

Colombo is an open and attractive city with a fascinating mix of 19th and 20th century colonial buildings, and more recent modern architecture. In the last few years, considerable renovation and restoration work has been undertaken in the capital. The Colombo Racecourse and Independence Square are such examples of recently renovated Colonial architecture. Places to see in Colombo are the Gangaramaya Temple with its eclectic mix of Sri Lankan, Thai, Indian, and Chinese architecture, the serene Seema Malakaya temple located on the Beira Lake, the Independence Square which is a national monument built to commemorate the independence of Sri Lanka from British rule, the old Dutch Hospital in Colombo which was built during the period where Sri Lanka was under Dutch rule and the Galle Face Green, especially at night, when it comes to life with street hawkers and locals enjoying the kebabs and the sea breeze.

Overnight at The Tintagel Colombo for 1 night in an Executive Suite on Bed & Breakfast Basis



Day 2 - Colombo -Thirippane

After breakfast proceed to Ulagalla Resort (approximately 4-hour drive)

Arrive in Thirappane and Check in to Ulagalla Resort

Ulagalla Resort, Thirappane

Nestled in a village in the ancient kingdom of Anuradhapura, Ulagalla Resort tastefully blends a previous era with the modern comforts of the present.

Located on a sprawling 58acre estate, Ulagalla is a luxurious retreat nestled among two sparkling reservoirs, lush green paddy lands and lily ponds. The centerpiece of the resort is a meticulously restored “Walawwa” which was once a grand ancestral home of local chieftains and offers guests a glimpse of a bygone era. It now houses the reception, main restaurant, bar and underground wine cellar. The 19 villas, each over 850 square feet in size, all offer glass-walled panoramic views of the scenic, unspoiled, natural paradise filled with bird and animal life and are luxuriously equipped with air conditioning, high-end entertainment systems and many more amenities. Come relax, unwind and enjoy the tranquility that Ulagalla has to offer you.

Spend the rest of the day at leisure

Later in the afternoon take a scenic 4x4 drive to a lake and experience beautiful Sunset while sipping a cup of tea

Explore local area around Ulagalla by four-wheel drive on a journey in search of lesser known cultural, natural and historical highs. Board a 4 X 4 jeep for a scenic drive through rustic farmland, local villages, indigenous forest and vast lakes with a higher possibility of witnessing the majestic elephants and many more wild species.

Overnight at Ulagalla Resort, Thirippane for 2 nights in a Ulagalla Pool Villa on Half Board Basis



Day 3 - Thirippane

Spend the rest of the day at leisure while enjoy some great in-house activities Ulagalla has to offer (**Optional - Cost Not Included - Payment Direct**)

JUNGLE KAYAKING

Take to the waters of the Wannemaduwa Tank in a kayak at dawn or dusk, to experience the breathtaking wildlife at a time when it's most active. Paddle quietly with your friendly staff guide through floating islands of lotus, strands of water reeds, and overhanging boughs. The soft light of the rising or setting sun makes for a picturesque setting for this excursion.

ULAGALLA ON HORSEBACK

If you prefer riding on horseback, you can spend an hour or so exploring the estate and neighbourhood on horseback with a staff groom.

ARCHERY

Surrounded by the birds and the trees of Ulagalla, offer exclusive archery excursion in Sri Lanka. Ulagalla even supply the equipment - bows, arrows, and targets - and expert advice as well as some friendly competition from Ulagalla recreational assistants, who are graduates of the Colombo School of Archery. You may even engage in a tournament with your own party or fellow guests.

In the late afternoon explore the city of Anuradhapura (approximately 30 minutes' drive)

The Ancient City of Anuradhapura

Spend your day exploring the various sites located within the ancient city of Anuradhapura. Here, Buddhism has prevailed from its introduction to the current period. On religious days, the city is filled with devotees who travel from all across the Island to pay homage to the various religious sites within the ancient city by first cleansing themselves in the manmade lake and then offering flowers and prayers to the Gods. On such days, the city can be a busy place but this is a part of the wonderful experience of witnessing Buddhism through a living ancient city.

Dating back to at least 1000 BC, Anuradhapura was capital of much of Sri Lanka between the 5th century BC and the 11th century AD. It was here that Buddhism was adopted by the rulers in the 3rd century BC. Thera Mahinda, the son of the great Indian Emperor Ashoka, introduced Buddhism to the country. The city grew and was a major secular and religious site that today covers over 40 sq km. Many places are still sites of worship and prayer. The Sacred Bo Tree grown from a cutting brought from Bodhgaya (India) by Ashoka's daughter is one important site to visit. Other sites of interest are the Ruwanweli Saya Stupa, the



Isurumuniya Temple and remains from palaces, temples, monasteries and ceremonial baths situated within the site.

Tonight enjoy a special dining experience call “Kamatha” dining in a special location

Kamatha Dinner

You haven’t tasted Sri Lanka, locals say, until you fully experience an authentic “Kamatha” meal - rice paddy dining pavilion serving revered royal recipes from a Kingdom long forgotten.

The Kamatha, a new dining experience by Uga Ulagalla’s award winning team, set in the centre of a working paddy (rice) field brings together travellers and locals who have an appetite for exploring flavours.

On this epicurean adventure you will sample traditional dishes, explore old world ingredients and even work with home cooks and their favourite recipes. You will learn; how the traditions of a Kingdom are reflected in the myriad of fragrant spices and seasonings, about the utensils still in use after 2000 years and of the preparation of food in hand made clay pots and open wood fires at a whole different taste.

These thoughtful multi-course meals incorporate vegetables harvested at Uga Ulagalla’s organic farm, lake fish and free-range meats sourced locally and traditional breads and old-world rice, the signature crop of Uga Ulagalla’s paddy fields.

Overnight at Ulagalla Resort, Thirippane



Day 4 - Thirappane - Sigiriya

After breakfast proceed to Sigiriya (approximately 1 hour drive)

Arrive in Sigiriya and Check in to Water Garden Resort, Sigiriya

Water Garden Resort, Sigiriya:

Situated just six kilometres (4 miles) from the impressive Sigiriya Rock, the beautiful Water Garden Sigiriya features a selection of exquisite



villas. Offering contemporary, sophisticated interiors, and intimate secret gardens, the Deluxe Villas, partially submerged in water, are tastefully furnished and offer sublime views of the estate's streams and pools. The Superior Deluxe Villas and Duplex Twin Villas blend beautifully into the surrounding colourful gardens and feature private plunge pools, a glorious sun deck to while away the hours, and sensational views of the Sigiriya Rock.

A wonderful selection of international and locally-inspired menus await at the main restaurant, and refreshingly chilled cocktails can be savoured in the Twin Level Bar, which boasts exceptional views. Adventures abound close by. Explore the area and visit the famous Sigiriya Lion Rock. This UNESCO World Heritage Site is a highlight of any trip to Sri Lanka

Later in the afternoon climbs one of the island's most spectacular sight, the 5th century rock fortress of Sigiriya which is also a UNESCO World Heritage Site to witness the beautiful sunrise (approximately 10 minutes' drive)

Sigiriya Rock Fortress

Referred to as 'The Lion Rock' by locals, Sigiriya became the capital during the reign of King Kashyapa in the 4th century A.D. After slaying his own father, King Dhatusena of Anuradhapura to take the throne and fearing a retaliatory attack from the rightful heir Moggallana who fled to neighbouring India, the new King constructed his royal palace on the summit of this 200-metre-high rock with a fortress for his own protection. Walk through the meticulously landscaped Royal Gardens and ascend towards the summit where only ruins of the royal palace now remain. A visit to the fresco gallery with its ancient paintings of the King's maids in waiting and the Mirror Wall with ancient transcripts that closely match the modern-day Sinhalese language, should also not be missed. In 495 A.D, Moggallana returned from his exile and defeated the King re-instating Anuradhapura as the capital. Sigiriya was then used as a Buddhist monastery until the 14th century prior to being mysteriously abandoned.

Spend 2 nights at Water Garden Resort, Sigiriya in a Superior Deluxe Pool Villa on Half Board Basis



Day 5 - Sigiriya - Habarana - Sigiriya

After a relaxed breakfast, proceed to Habarana (approximately 20 minutes)

Arrive in Habarana and explore the back roads of Habarana with a local in Tuk Tuks, followed by a local lunch.

Colours and Sounds of Habarana

Colours and Sounds of Habarana is not just a Tuk Tuk ride through a village, it is an experience created for visitors to get hands on experience and understanding of the livelihood, culture, and way of life in a typical village. During this experience, guests will get an opportunity to meet the real villagers and discover the countryside and local craftsmen community. The experience include visit to a place where villagers make broomsticks with coconut fiber, meet a local brickmaker who make bricks using the traditional methods (here, guests will be invited to make a brick using the traditional tools and techniques), observe and learn the traditional method of extracting Ayurvedic Medicinal Oil and meet a young woman in the village who teaches traditional dancing to the children. Here, the dancing teacher will invite the guests to try few steps of traditional dancing following her guidance. (E bike option is also available)

At the end of the experience, enjoy a scrumptious lunch with your host.

Later in the afternoon venture on a Jeep Safari at Hurulu Forest Reserve to look for wild Asian elephants.

Elephants in Minneriya /Kaudulla national park or at Hurulu Forrest

Each afternoon, many individual elephants come out of the forest in to the open to graze on the fresh green pasture by the water's edge at Minneriya and Kaudulla national parks or at Hurulu forest reserve. You have excellent opportunities here to observe the social dynamics of the Asian Elephant as the large bulls in musth compete among each other and seek the females within the herd, while young calves with carefree abandon get up to their mischievous antics often to the displeasure of its alert mothers within the herd.

Your guide will be knowledgeable on where the elephants are encountered. Which is dependent on the monsoon. During the wet season, the herds disperse from Minneriya and Kaudulla, moving towards nearby Hurulu National Park and are scattered amongst the tall grasses and scrub jungle vegetation. In any of these parks, a variety of birds found in the dry zone including Indian Roller, Sri Lanka Jungle fowl, Indian Peafowl, Blue-tailed and Green Bee-eaters.

Return to your hotel and spend the rest of the day at leisure.

Overnight at Water Garden Resort, Sigiriya in a Superior Deluxe Pool Villa on Half Board Basis



Day 6 - Sigiriya - Kandy - Hatton

After breakfast proceed to Kandy (approximately 2-hour drive)

Arrive in Kandy and explore Kandy city and the market area and visit the famous Temple of the tooth relic.

Temple of the Sacred Tooth Relic:

Referred locally as the Sri Dalada Maligawa, the Temple of the Sacred Tooth Relic is the most revered site in the country. The Temple was built in the 16th century CE and is adjacent to the Royal Palace complex of the former Kingdom of Kandy. It overlooks the expanses of Kandy Lake. Housing the sacred tooth relic of the Lord Buddha, the building has held a significant role in Sri Lanka's politics since ancient times, with a belief that whoever holds the relic has the right to govern the country. The sacred tooth was smuggled into Sri Lanka from India by a princess in the 4th century and was initially kept in Anuradhapura and then moved to different locations across the country, before reaching Kandy. This sacred temple attracts thousands of white-clad pilgrims on a daily basis bearing lotus blossoms and frangipani for their offerings.

Then Continue the drive to Ceylon Tea Trails (approximately 2-hour drive)

Arrive and check-in to Ceylon Tea Trails, Hatton

Ceylon Tea Trails:

Sri Lanka's first Relais & Chateaux resort, comprises five luxurious colonial era tea planters' bungalows, connected by walking trails through stunningly beautiful Ceylon tea gardens. Each of the five bungalows is different. Summerville with an air of a country cottage, Castlereagh with an eclectic style of its own, the high colonial Tientsin, one of the first planter's residences to be built in Ceylon, the more modern Norwood abounding with 50's character and Dunkeld, the new bungalow offering spectacular views of Castlereagh Lake and the Great Western Mountain range.

Built between 1888 and 1950, the bungalows offer a taste of gracious living thanks to butler service and period furnishings, accompanied by gourmet meals. Follow the Tea Trail from one unique bungalow to the next, staying a night or two at each or just laze in one. Trek, bike or picnic at spectacular locations each day in cool comfort. You can book



a room or the entire bungalow and relish a luxury holiday in the heart of Sri Lanka's breathtaking Ceylon tea country.

Take the time to rest and relax in one of the luxurious bungalows, perfectly enveloped in warmth from a crackling wood fire, watching as the captivating mists rolls across the landscape.

Spend 2 nights at Ceylon Tea Trails, Hatton in Garden Suite and your stay is on All Inclusive Basis.



Day 7 - Hatton

After breakfast join the Ceylon Tea Trails Tea Experience tour with the resident planter.

Ceylon Tea trails Tea Experience

This is the essential Tea Trails experience. The Resident Tea Planter will show you first hand the age-old tea making process. First, follow the trail of the planters of old Ceylon, as they trekked through the dense jungle looking for the best slopes on which to plant tea. Then on to watch the tea pluckers pick two leaves and a bud with deft hands. Then to the factory where the all-important conversion to “made” black tea happens. The machinery used is of very traditional British design, some as old as 100 years. The process is a very artisanal one, unchanged for a century. The daily complimentary tour ends with a tasting of different grades of this great brew. Together with tea-infused cuisine, tea based spa treatments and trekking trails that traverse tea-blanketed hills, you can literally lose yourself in tea. You will leave Tea Trails with a newly found appreciation of this wonder herb “Camellia Sinensis” and the terroir of Ceylon Tea.

Rest of the day at leisure or engage in some of the in-house activities along with experiences that are carefully curated to offer an authentic, intimate and exploratory journey into the heart, soul, history, and gastronomy of this magical island. Ceylon Tea Trails also offer activities with healthy doses of fun, adventure and pampering, along with a holistic wellness offering for guests to escape their urban life and soothe mind, body, and soul. **(Optional - Cost Not Included - Payment Direct)**

- **Kayaking in the Castlereagh reservoir**

Enjoy magnificent views of tea-carpeted mountains as you paddle along the Castlereagh Lake in hi-spec kayaks. Mornings are the most beautiful as the weather is often fairer and the sun breaks through to gleam over the glassy water, and the foreboding mountains surrounding the lake emerge from the thinning mist.



- **Mountain Biking**

Ceylon Tea Trails has opened up a world of adventure and discovery in the Bogawantalawa Valley at an altitude of over 1500 meters. The unspoiled beauty of the surrounding valleys and hills are a great biking experience.

- Play a game of croquet

Or simply relax and enjoy the scenery from your bungalow

Overnight at Ceylon Tea Trails, Hatton



Day 8 - Hatton- Departure

Transfer from Hotel to Bandaranaike International Airport for your departure flight (Approximately 3 ½ -hour drive).

(We recommend you at the airport at least 3 hours prior to the departure flight)

Journey overview

Accommodation

DATE	DESTINATION	ACCOMMODATION	DETAILS
Day 1 -	Colombo	Tintagel	Executive Suite Bed and Breakfast
Day 2 -	Thirappane	Uga Ulagalla Resort	Ulagalla Pool Villa Breakfast and Dinner
Day 3 -	Thirappane	Uga Ulagalla Resort	Deluxe Pool Villa Breakfast and Dinner
Day 4 -	Sigiriya	Water Garden Resort	Superior Deluxe Pool Villa Breakfast and Dinner
Day 5 -	Sigiriya	Water Garden Resort	Superior Deluxe Pool Villa Breakfast and Dinner
Day 6 -	Hatton	Ceylon Tea Trails	Garden Suite All Inclusive
Day 7 -	Hatton	Ceylon Tea Trails	Garden Suite All Inclusive