

MIRIS TRAILS LADIES 12 Day Tour of SRI LANKA

13th - 24th March 2018

DAY 1 - 13TH MARCH

Upon arrival, you will be picked up by our chauffeur who will offer you any assistance you need. Once loaded up, you will be driven to your resort in Negombo where you will be able to relax and spend the rest of the day at your leisure.

Negombo is highly sought after for its long stretches of golden, palm fringed beaches and also the noisy, cosmopolitan lifestyle of the city and after all, it's close proximity to the airport at Katunayake.

The economy of the city and the region is especially based on tourism and its centuries-old fishing trade which continues to thrive nowadays – making it a paradise for seafood lovers. Here, a myriad of cultures combine and exist freely. The town, which is predominantly Roman Catholic, is known as "Little Rome" because of the highly ornate Portuguese-era Roman Catholic churches found within it.

In the late morning you will experience your first **Cooking Class**.

In the evening you will be able to experience a Yoga session and later in the night you will be treated to a special welcome dinner at your resort.



Accommodation : Villa Hundira, Negombo Meals : Lunch, Dinner

DAY 2 - 14TH MARCH

After breakfast you will be able to take part in an Art & Craft session & then check out from hotel. Once you check out from the hotel, you



will embark on your journey to the cultural triangle of Sri Lanka.

Check in to the hotel and in the afternoon approx- 2:00pm experience a safari game drive at (Optional rates will apply) the Minneriya National Park. Making your way through the park, you will see elephants, Spotted Deer and also the Sambar, which is a deer with no spots and an apt scientific name, carves unicolor.

Once you have completed the safari return to the hotel.

Accommodation : Amaya Lake, Dambulla

Meals : Breakfast, Dinner

DAY 3 - 15TH MARCH

After an early morning breakfast, leave for Sigiriya (UNESCO World Heritage Site).

Visit the (Optional rates will apply) Sigiriya Rock Fortress which is more than 200 meters high and was built in the 5th century. Today the cultural monument is more famous for its frescoes and the Mirror Wall; Sigiriya remains a military masterpiece and an engineering marvel. Once you return to the hotel for those who would like to relax, revitalize your mind, spirit and body at the spa. You can make a choice between a Swedish Massage (Mild Pressure) or an Aroma therapy massage (Soft Pressure).

Accommodation : Amaya Lake, Dambulla

Meals : Breakfast Dinner

DAY 4 - 16TH MARCH

Today after breakfast you will check out from the hotel and travel towards the hill capital of Kandy. En route visit a batik shop workshop. Check in to the hotel and in the evening (Approx.05:00pm) you will enjoy a culture show at the Kandyan Art Association & Cultural Centre (Duration 01hrs). Visiting the Temple of the Tooth Relic for the evening puja (prayers) gives you the opportunity to discover the special atmosphere of this ritual. Many people swarm the temple to give Offerings and to pray, while the drums are making a loud noise. The puja starts at around 6:30pm and last at least 30min.



Accommodation : OZO Kandy,

Meals : Breakfast, Dinner

**DAY 5 - 17TH
MARCH**

After breakfast you will check out from the hotel and travel towards the Peradeniya Railway Station. Your train leaves at approx. 12:30pm from

Peradeniya. Travelling by train offers you a spectacular view of the lush green Tea Estates, Waterfalls, Dam and the mountainous countryside along the way to your destination in the hill country. You will reach Nanu Oya Railway Station at (approx.) 04:00pm. The chauffeur will pick you from the Nanu Oya Railway Station and transfer you to your hotel in Nuwara Eliya. Check In to the hotel.



Accommodation : Blackpool Hotel, Nuwara Eliya

Meals : Breakfast, Dinner

DAY 6 - 18TH MARCH

After breakfast you will visit a tea factory for a demonstration. Later in the day if you wish to enjoy a round of Golf it can be arranged at the Nuwara Eliya Golf Club (additional charges may apply).

In the afternoon you will be able to enjoy High Tea at the Grand Hotel, waiters in white livery unveil a bulging buffet of perfectly groomed triangular sandwiches and dainty cakes which get washed down with a vast selection of different teas.

Rest of the evening at own leisure.



Accommodation : Blackpool Hotel, Nuwara Eliya

Meals : Breakfast, High Tea, Dinner

DAY 7 - 19TH MARCH

Enjoy your breakfast and check out from hotel. Today you will travel towards the southern coastline of Sri Lanka. Galle is a jewel. A UNESCO World Heritage Site, this historic city is a

delight to explore on foot, an endlessly exotic old trading port blessed with imposing Dutch Colonial buildings, ancient mosques, churches, grand mansions and museums.

Accommodation : Tamarind Hill, Galle Meals : Breakfast, Dinner

DAY 8 - 20TH MARCH

After breakfast you will experience yet another **Cooking Class**. Rest of the day at own leisure at the beach , walk the blue stone streets of Galle as they meander through to antique, craft and various shops and cafes. Stop for a glass of icy cold beer / cider from the micro brewery at the Fort.

Accommodation : Tamarind Hill, Galle



Meals : Breakfast, Lunch, Dinner

DAY 9 - 21ST MARCH

After breakfast you will visit the famous Galle Fort and experience a walking tour of Galle. Delve into colonial-era Galle Fort on this 1.5-hour private walking tour. Explore the cobbled streets of the 16th-century, UNESCO-protected fort, built by the Portuguese before expansion by the Dutch and British from the 1600s. As your guide charts its history and culture, admire the Dutch-style architecture and former government buildings, walk along the ramparts, visit key museums, and view the famous Galle Lighthouse. Rest of the day at leisure by the beach.



Accommodation : Tamarind Hill, Galle Meals : Breakfast, Dinner

DAY 10 - 22ND MARCH

Enjoy your breakfast and check out from the hotel. Today you will travel towards the city capital of Sri Lanka. En route visit the Kosgoda Turtle Hatchery. The Kosgoda Turtle Care centre is a great place to learn and love nature while also having fun. It is hands-on and family friendly and therefore should definitely be visited on your holiday to Sri Lanka. Later continue your journey towards Colombo. Colombo's cosmopolitan side supports ever-more stylish eateries, galleries and shops. Surprises abound with a little exploration you'll find great local food, characterful shops and tiny, convivial cafes. Meanwhile, a building boom like no other is transforming the city's skyline.



Accommodation : Jetwing Seven, Colombo

Meals : Breakfast, Dinner

DAY 11 - 23RD MARCH

After breakfast enjoy a foot massage at the Ceylon Spa. Our final **Cooking Class - Colombo Street Food demonstration**. The rest of the afternoon you can get your last minute shopping in before we frock up for our Farewell Dinner at one of Colombo's exclusive restaurants.

Walk on the Galle Face Green in the evening, the hustle and bustle of kite flying and families walking on the green overlooking the ocean.

Eating in Colombo

Galle Face Hotel., Gallery Cafe,
Asylum Cafe (Independence Square),
Gallery Cafe (designed by the famous architect - Geoffrey Bawa),
Barefoot Cafe (Sunday afternoon jazz),
Dutch Hospital (Ministry of Crab, Micro Brewery, German restaurant),
Park st. Mews - a number of restaurants and eating places

Bars / Places to have drinks



Kingsbury Hotel (Terrace Bar), Cinnamon Red (Terrace Bar),

Accommodation : Jetwing Seven, Colombo

Meals : Breakfast, Dinner

DAY 12 - 24TH MARCH

Enjoy your final breakfast before the holiday wraps up in the paradise island of Sri Lanka.

Have a safe flight back home!

Terms & Conditions

Notes:

These Trip Notes have been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of Miris Trails.

COST OF TOUR

\$3800 pp (Twin Share) Single Supplement (\$900) - \$4700

PRICE INCLUDES:

- ✓ Accommodation - Single / Twin Room for 11 Nights - 12 Days
- ✓ Meals based on Half Board basis - Breakfast and Dinner, Lunch x 3 Cooking Classes

- ✓ Transport in an air-conditioned mini coach with English speaking National Guide including Pick-up from the airport and drop off to the airport.
- ✓ All government taxes and service charges.
- ✓ 01 Water bottle (Per person) on a daily basis
- o Cooking Class in Negombo
- o Cooking Class in Galle
- o Cooking Class in Colombo - Colombo Street Food Demonstration
- o Arts & Craft session
- o Yoga session
- o Visit to a Batik Factory in Kandy
- o Train tickets from Peradeniya to Nanuoya by train. (One Way / 1st Class)
- o Tea Factory Visit
- o High tea at The Grand Hotel

PRICE EXCLUDES:

- ✓ Flights and Airport Tax,
- ✗ VISA to Sri Lanka - www.eta.gov.lk/slvisa/
- ✓ Travel Insurance
- ✓ Camera and Video permits at Cultural sites
- ✓ All expenses of a personal nature - drinks, alcohol, laundry, telephone calls, tips, etc.
- ✓ Tips and Portage
- ✓ Optional Activities
- ✓ Any other meals other than those mentioned in the itinerary.
- ✓ All alcohol and drinks are not included