



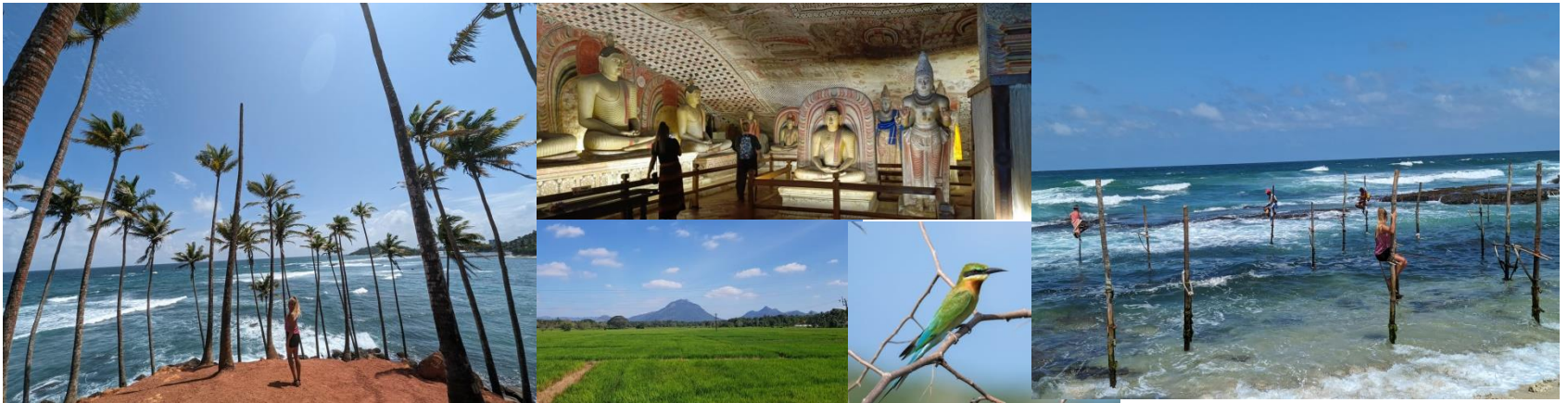
# AYUBOWAN

## Sri Lanka



CUSTOM LANKA TOURS

# 7-Day Sri Lanka Heritage to Coastline Tour



From Ancient Cities to the Southern Seas



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# Day 01 – Arrival | Dambulla Cave Temple | Evening Safari Overnight: Habarana

- **Pickup at Bandaranaike International Airport (Katunayake):**

Warm greetings by your guide upon arrival, followed by a scenic drive into Sri Lanka's Cultural Triangle.

- **Visit to Dambulla Cave Temple:**

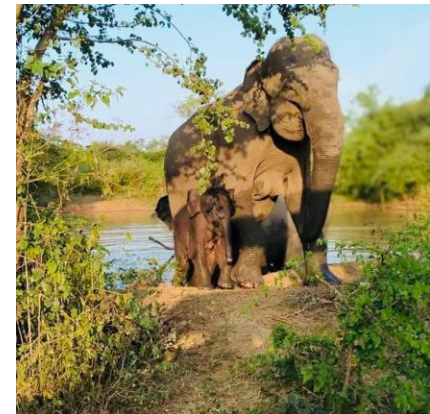
Discover Sri Lanka's largest and best-preserved cave temple complex — the **Golden Rock Temple** of Dambulla. Marvel at the ancient murals and over 150 Buddha statues nestled in five sacred caves.

- **Lunch in Dambulla:**

Savor traditional Sri Lankan rice and curry in a peaceful garden setting.

- **Evening Safari (Minneriya/Kaudulla/Eco Park):**

Embark on an unforgettable **jeep safari** in one of the seasonal elephants gathering parks. These lush reserves are home to elephants, deer, birds, and exotic wildlife in their natural habitats.



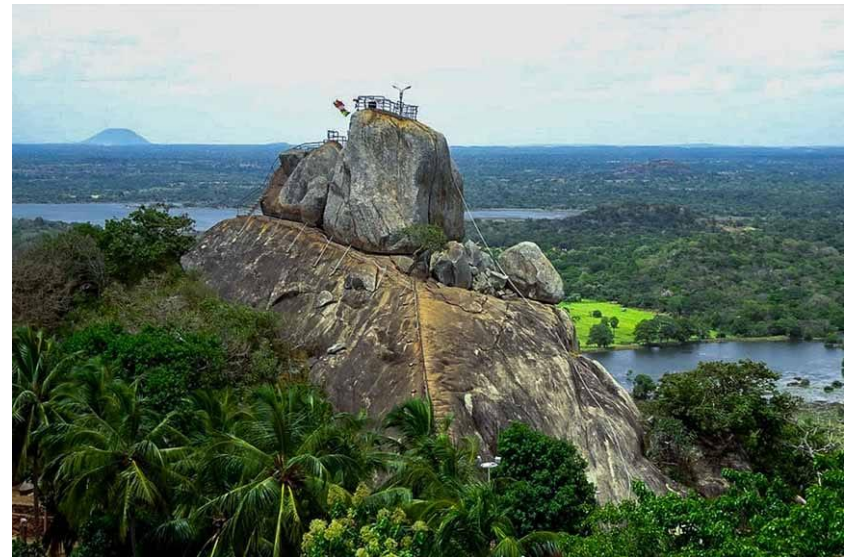


## Day 02 – Sacred Sites of Mihintale & Anuradhapura

### Overnight: Habarana

- **Mihintale – Cradle of Buddhism:**

Climb the sacred rock of **Mihintale**, where Buddhism was first introduced to Sri Lanka in 247 BC. Explore the ancient stone steps, white dagobas, and panoramic views over the surrounding plains.



- **Anuradhapura Ancient City:**

Explore the first capital of Sri Lanka and a UNESCO World Heritage Site. Visit majestic stupas (**Ruwanwelisaya, Jetavanaramaya**), the **sacred Bodhi Tree** (over 2,300 years old), and ancient monastic ruins. A deeply spiritual and historical journey through time.

## Day 03 – Sigiriya to Kandy | Cultural Show & Sacred Temple

### Overnight: Kandy

- **Sigiriya Rock Fortress:**

Climb the iconic **Sigiriya Lion Rock**, a 5th-century palace-fortress rising 200 meters above the jungle. Explore royal gardens, ancient frescoes, and panoramic summit views.



- **Drive to Kandy:**

Journey through lush greenery toward Sri Lanka's cultural capital.

- **Evening in Kandy – Dance & Temple of the Tooth Relic:**

Witness the famous **Kandyan cultural dance show**, then visit the **Temple of the Sacred Tooth Relic (Sri Dalada Maligawa)**, a spiritual heart of Buddhism in Sri Lanka.





## Day 04 – Kandy | Botanical Garden | Highlands & Tea

### Overnight: Nuwara Eliya

- **Kandy City Tour:**

Visit the Kandy viewpoint, local handicraft centers, and stroll along the serene **Kandy Lake**.

- **Peradeniya Botanical Gardens:**

Wander through one of Asia's finest botanical gardens, home to exotic orchids, royal palms, and a massive canopy of tropical trees.

- **Scenic Drive via Ramboda Falls:**

Stop at **Ramboda Falls** and enjoy a picturesque **lunch overlooking tea plantations** and misty mountains.

- **Tea Factory & Plantation Tour:**

Learn the art of making Ceylon tea at a working factory. Walk through emerald-green plantations and taste freshly brewed tea at its origin.



## Day 05 – Hill Country to Ella by Train | Nature Walks

### Overnight: Ella

- **Nuwara Eliya City Tour:**

Visit **Gregory Lake**, colonial-era buildings, and local markets in this charming "Little England" town.



- **Train Ride from Nanu Oya to Ella:**

Experience Sri Lanka's most scenic rail journey — glide past valleys, tea fields, waterfalls, and mountain passes. A photographer's dream!

- **Pick-up at Ella Station:**

Your driver will meet you at Ella station.

- **Nine Arches Bridge & Little Adam's Peak:**

Visit the **Nine Arches Bridge**, an architectural marvel surrounded by dense jungle. Then hike to **Little Adam's Peak** for breathtaking sunset views over the valley.

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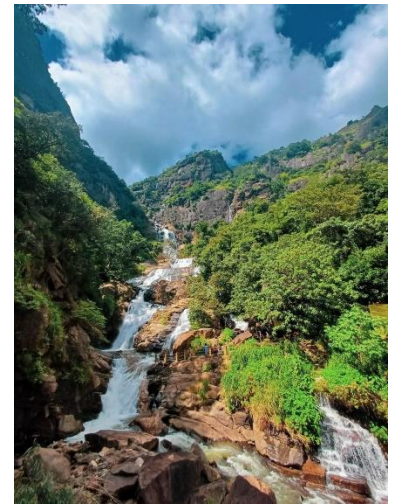
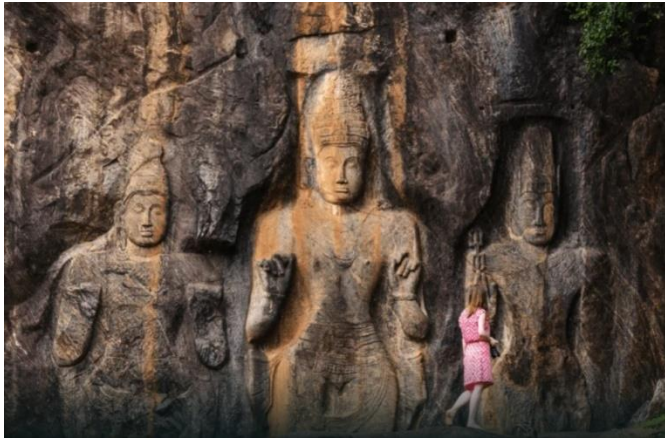


# Day 06 – Waterfalls, Rock Carvings & Southern Escape

## Overnight: Mirissa

- **Rawana Waterfall:**

Stop at the beautiful **Rawana Falls**, cascading down from the highlands into the southern jungles.



- **Buduruwagala Rock Statues:**

Visit this hidden gem — a peaceful archaeological site featuring massive rock-carved Buddha statues dating back to the 10th century, set in a tranquil forested setting.

- **Drive to Mirissa:**

Arrive in the tropical beach town of **Mirissa**, known for its palm-fringed shores and whale watching.





## Day 07 – Whale Watching | Galle Fort | Departure End in Colombo / Airport Drop-off

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

Early morning boat ride from **Mirissa Harbor** to spot **blue whales, sperm whales**, and dolphins (best from November to April).

- **Visit Galle Fort:**

Explore the **UNESCO-listed Galle Dutch Fort**, a 17th-century seaside fortress with colonial buildings, art galleries, cafes, and lighthouse views.

- **Scenic Drive Along the Coast:**

Travel along the southern shoreline with glimpses of stilt fishermen and golden beaches.

- **Evening Drop-Off at Colombo or Bandaranaike International Airport (Katunayake):**

Transfer back to the airport or your hotel in Colombo with beautiful memories of your Sri Lankan adventure.





## Tour Highlights at a Glance

- **Ancient capitals: Anuradhapura, Mihintale & Sigiriya**
- **Sacred temples & cultural performances**
- **Scenic train rides & hill station charm**
- **Waterfalls, tea gardens & mountain views**
- **Whale watching, Galle Fort & southern coast relaxation**

