

Sri Lanka Cultural Triangle Tour - 7N 8D

Day

1

Itinerary (AIRPORT / NEGOMBO - Approximate travel time 20 minutes)

Helanka Vacations representative will meet you at the arrival lounge and transfer to Negombo.

Arrival time to be update.

Negombo is situated by the shores of a lagoon which was once a trading port for Portuguese and Dutch. The economy of Negombo is mainly based on its centuries-old fishing industry, though it also produces cinnamon, ceramics, and brassware.

Arrive and check into the hotel & rest of the day at leisure.

Evening free time to enjoy on the beach.

Overnight at the hotel.

Day

2

Itinerary (NEGOMBO / ANURADHAPURA - Approximate travel time 03-04 Hours)

Breakfast at the hotel. Thereafter proceed to Anuradhapura.

Anuradhapura was the first capital of Sri Lanka and a UNESCO world heritage site. Anuradhapura is now a picturesque city, filled with mystery and rich in ancient Sinhalese culture.

Check into the hotel. Afternoon visit Mihintale Temple.

Mihintale is a mountain peak near Anuradhapura, the site of a meeting between the Buddhist monk Mahinda and King Devanampiyatissa which inaugurated the presence of Buddhism in Sri Lanka. The stairway fleets upward through 1840 steps made of granite, leading to picturesque sceneries that can be viewed from the summit.

Before commencing your climb, find the Vejja Sala; ruins of a hospital dating back to the 3rd century AD. Further, Kantaka Cetiya is situated on a portion of the rock not much higher from the base, it is one of the 1st religious monuments to be built in Sri Lanka resting at a height of 425 feet. The next level of the rock holds the Ambasthala Dagoba, this great historical monument is the symbol of Mihintale, a large seated Buddha looking down from a rock above. Other famed attractions such as the Kaludeniya Pokuna also reside within this mountains' plains.

Return to the hotel.

Overnight at the hotel.

Day 3

Itinerary (ANURADHAPURA sites)

Breakfast at the hotel.

Thereafter set on a sightseeing tour in the ancient city of Anuradhapura.

Atamasthana or the 'eight sacred places', Mirisawetiya and Samadhi Buddha statue are located within the ancient kingdom- Anuradhapura. These eight places were built to carry the memory of the Lord Buddha having walked on the ground of that area. The eight sacred places are named Jaya Sri Maha Bodhiya, Ruwanweliseya, Thuparamaya, Lovamahapaya, Abhayagiri Dagaba, Jetavanaramaya, Mirisaweti stupa and Lankaramaya. The Sri Maha Bodhi, is a sampling of the ancient tree under which the Buddha attained enlightenment more than 2,500 years ago, brought to Sri Lanka from India. Thuparamaya is said to be the oldest stupa while the Jetavanaramaya stupa (a towering brick mound that seems to touch the sky) was one of the tallest brick structures of ancient times. Mirisawetiya is one of the most ancient Stupas in Sri Lanka towering to a height of 120 feet and is more than 2100 years old. The Samadhi Buddha statue is considered one of the best sculptures, as each angle of the statue looks different (from either side Lord Buddha is slightly sad and from the front, he smiles).

Return to the hotel.

Overnight accommodation.

Day 4

Itinerary (Anuradhapura / Dambulla - Approximate travel time 01-02 Hours)

Breakfast at the hotel.

Proceed to Dambulla. En route visit Namal Uyana.

Being the largest ironwood forest and pink quartz mountain in Asia; Jathika Naamal Uyana stretches over 970 acres of land. The quartz in the area is said to be over 550 million years old and the towering iron wood trees are endemic to the land. A walk through this canopied forest is nothing short of magical, the few beams of sunlight that creep their way through the trees and onto the forest floor portray picture-perfect views making the climb upwards exhilarating.

Check into the hotel and relax.

Afternoon visit Dambulla Cave temple.

Dambulla Cave Temple, was declared a UNESCO World Heritage site in 1991. The Cave Temple had first been constructed during the reign of King Vattagamini Abhaya. There are 5 caves in the temple and 157 statues of the Lord Buddha, with paintings on the ceilings and walls of the cave. The paintings of the cave highlight the past of Lord Buddha.

Return to the hotel. Overnight at the hotel.

Day 5

Itinerary (Dambulla / Polonnaruwa - Approximate travel time 01-02 Hours)

After breakfast proceed Sigiriya. Visit Sigiriya Lions rock.

Sigiriya holds remains of King Kasyapa's palace, forever set atop the rock yet still showcasing their age-old beauty. Numerous eye-catching highlights persist in this fortress.

Climb the Sigiriya rock (Lions rock). When entering the site walk along the Royal gardens which consists of pools, fountains and an unending number of aromatic gardens. As you enter the second level of the rock, witness the colourful paintings that date back to 5th century AD. Another interesting architectural masterpiece here is the Mirror wall which was covered with graffiti between the 7th and 10th century AD. The Audience hall is a part of the royal complex constructed on a rock boulder. The Cobra head cave is named due to the natural shape of the rock itself. Sigiriya is one of the many UNESCO heritage sites in the country.

Thereafter proceed to Polonnaruwa.

Check into the hotel. Evening at leisure. Overnight at the hotel.

Day 6

Itinerary (Polonnaruwa / Kandy - Approximate travel time 02-03 Hours)

Breakfast at the hotel. Set on a city tour in the city of Polonnaruwa.

Kings ruled the central plains of Sri Lanka from Polonnaruwa 800 years ago when it was a commercial and religious center. The glories of that age can be found in the archaeological treasures that still create a picture of how the city once looked. Some of the ancient structures include; the palace of King Parakramabahu, Potgul Vehera (this is the oldest library complex found in Sri Lanka, where the Buddhist writings were studied and resided), Shiva Devale (a 13th century Hindu shrine, that was built entirely from stone), Vatadage (built for the protection of a small stupa, the structure has two stone platforms decorated with elaborate stone carvings) Nissanka Lata Mandapaya, the Sathmahal Prasada (a unique seven story brick structure), Hatadage and Atadage (where the Temple of the Tooth Relic was placed first before it was brought to Kandy), Gal Potha (stone book), Pabalu Vehera, Rankoth Vehera, Lankatilaka, Kiri Vehera, Gal Viharaya and Tivanka Image House.

Proceed to Kandy.

Kandy was the capital of Sri Lanka during the ancient times of Kings and Queens. Nestling midst low hills and looped by the Mahaweli River, this religious city is one of the most sacred places of worship to Buddhists in the world and was also named a world heritage site by UNESCO.

Arrive and check into the hotel.

Evening witness the Kandyan cultural show – A unique show of Sri Lankan traditional dance (fire and harvest dance), which include an entertaining fire-walking act. The artists dance to the beat of the drums, rising and falling to the lively tempo.

Return to the hotel. Overnight at the hotel.

Day

7

Itinerary (Kandy sites)

Breakfast at the hotel.

Visit Temple of the tooth relic.

The Temple of the Tooth relic; the crown jewel of the Kandy city is also known as Dalada Maligawa. 'Maligawa' translates to palace and the temple is a part of it. It has seen centuries of peaceful reigns and is one of the many historical places in the island.

Return to the hotel and relax.

Afternoon, proceed to Embekke.

Legend states that the King Vickramabahu III's consort; Henakanda Biso Bandara woke from a strange dream in which the God appeared and asked to build a temple for him. On finding that a drummer Rangama had the same dream, they considered it a portent and built a temple together. The original temple was supposed to have been a three story building that unfortunately did not survive the ravages of time.

Except the Sanctum the rest of the temple is made almost entirely of wood. From carved wooden pillars in the Halls which have open sides to the beautifully crafted roof, the entire area is covered in carvings. The bases of the pillars are octagonal in shape while their tops end in the shapes of a four leaves stacked in a square. The pillars have various images carved into the sides of the bases. In addition carvings adorn the beams, rafters and doorframes.

Notable carvings among these masterpieces were those of the entwined swans, double headed eagles, entwined rope designs, breast-feeding image, a soldier fighting on horseback, female dancers, wrestlers, women emanating from a vein, bird-human hybrid, elephant-bull hybrid, elephant-lion hybrid and etc. The carvings of the entire temple include 125 series of decorations, 256 liyawela type designs, and 64 lotus designs, 30 decorative patterns and roof designs, ending up in 514 unique designs.

The roof of the temple is an excellent example of ancient wooden architecture, where the 26 rafters are supported by a single wooden pin.

Return to the hotel.

Overnight at the hotel.

Day 8

Itinerary (KANDY / AIRPORT - Approximate travel time 04-05 Hours)

Breakfast at the hotel.

Optional (Depending on the departure flight time) – Visit Peradeniya Botanical Garden (USD 12 pp)

Thereafter you will be transferred to the Airport to connect with your departure flight.

Departure flight time and hotel leaving time to be update.

End of the tour...

Rates on request (based on 3* / 4* / 5* / Boutique hotels)

Included

- 07 nights' accommodation on Bed and breakfast basis.
- Transport in an air conditioned Car/Micro Van with an English speaking Chauffeur. (Above 6pax – English Speaking National Guide).
- Arrival & Departure transfers.
- Entrance fees for the sites as per the program.
- Water bottle on Arrival.
- All applicable taxes (Subject to change without any prior notice).

Excluded

- Lunch / dinner during the tour.
- Early check in & late check out not included.
- Tips and Portorage's.
- Other extra expenses of personal nature.
- Camera & Video permits (for tourist sites mentioned).
- All extra expenses at Hotels.
- Visa fee charges.

