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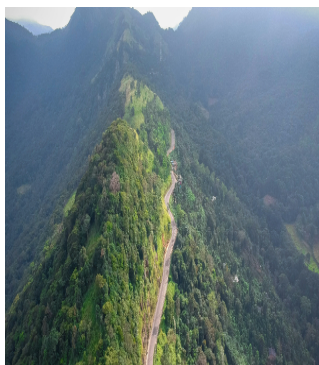
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## 9 D Mountains and Adventure Sri Lanka - 8 Nights / 9 Days

Cities Covered: >> Negombo >> Kandy >> Kitugala >> Bentota



Trek through lush green tea plantations in the misty Knuckles Mountain Range. Bike through local villages, past rubber estates, up and down the dirt trails by mountain bike/bike. Then change ground for water. Every inch of your body soars from excitement as the Kelani River becomes stronger and stronger, throwing you into a whirlpool of water, spinning and turning. This is pure adrenalin and adventure, the beautiful scenery a bonus.

Combined with accommodation with soul, urban cultural introduction and the East coast's broad and remote beaches you will have the perfect combination framing action and relaxation. With areas and activities that only few go to. We know you will love it, to go beyond the ordinary.

### Day 1: Negombo:

#### Negombo

Welcome to Sri Lanka—a charmingly beautiful country where lush hills, thrilling adventures and local curiosity awaits you. Upon arrival in the airport you will be met by our representative and transferred to Negombo. Negombo is approx. 20 minute drive from the airport embracing slow life and beach front location. For newly arrived travellers it is often a welcomed alternative to the hectic and happening Colombo. Check in to your hotel and rest for a few hours before capturing the streets of Negombo. You may visit the colonial remains of the Dutch period, a Buddhist temple and a catholic church. Get close to slow life in the local fishing village; walk the lively fish market, and the bustling bazaar. Overnight at a small boutique hotel.

**Optional:** Do a Boat trip through the Dutch canal, lagoon and sea.

**Please note:** If you arrive late in the night on day 01 you may go around to see Negombo next morning on day 02, before departing to Kandy.

### Day 2: Kandy:

## **Kandy**

Have your breakfast and sip the steaming hot Sri Lankan tea/coffee before you check out from your hotel. Your onwards transport will be an exploration in its own right with magnificent views as you slowly make your way in to the lush hill country of Sri Lanka. On the way you have the option to stop at the Pinnawala Elephant orphanage.

Upon arrival check in and relax so you are ready for your afternoon city tour. Kandy was the last capital of the Sri Lankan kings and now an UNESCO World Heritage Site. The name "Kandy" conjures visions of splendor and magnificence. Many of the legends, traditions and folk lore are still lovingly kept alive. Drive around the Kandy Lake built by the last Sinhala king, Sri Wickrama Rajasinghe in 1798—a tranquil place in the heart of the city.

In the evening visit the Temple of the Sacred Tooth Relic—a golden roofed Buddhist temple that houses Sri Lanka's most sacred Buddhist relic—a tooth of the Buddha. And though it is not possible to see the actual tooth as it is kept in a gold casket shaped like a stupa, you will feel the sacred ambience and take in the colours, the gilded gifts and the shrines that comprise the temple complex. Late in the evening you will experience a Cultural Show. Some find this funny, while others find it spectacular. You will see the traditional Sri Lankan drummers stirring up a rhythm and decoratively dressed dancers showing their amazing moves. You will see fireworks and fire stunts in a show that truly has something for all. Overnight at spacious, colonial stay, overlooking greenery all around.

### **Day 3: Kandy:**

#### **- Kandy**

Leave the urban scape behind with your pre-packed breakfast and a decent amount of energy. The Knuckles Mountain Range is your destination—its mist-laden mountains and lush green scape, tea plantations and occasional deers, your companions for the day.

You will be transferred about 25km from Kandy on Mahinyangana road and another 18 km inland to start your trek. Before you are home, you will be passing by spice gardens, farm-fresh vegetable fields and lush rice fields. There are pigmy forests and plateaus. On the way you will pass by the green tea plantation, the colourfully dressed women working amongst the green leaves. You may encounter wildlife such as spotted deer, barking deer, macaque and various types of lizards. At the end of the trail you will be able to swim at the base of a nice waterfall and on the way back you have the chance to do a bit of bird watching. You will be transferred back and reach Kandy in the late evening.

The trek is approx. 8 km one-way (16 km in total) and you will be climbing from 1200ft to 1850 ft. Packed lunch will be provided during the trek.

### **Day 4: Kitugala:**

#### **Kitugala**

After yesterday's activity, appreciate a slow morning with a well-deserved cup of hot Sri Lankan tea. When you are ready, you will be transferred to Kitugala for the nights ahead—to a place that has a delicate uniqueness to it and is so much more than simply a place to sleep.

Tempting surroundings and laidback life—this is also why you will be happy that you have the rest of the day free to relax. And the only plan you will have is to make it for dinner at the eco lodge. A fine day is indeed.

### **Day 5: Kitugala:**

## **- Kitugala**

Your stomach twists and turns from excitement as your raft speeds up and the sound of roaring water becomes louder and louder. With both hands on your paddle and water in your face you stay focused on the rapid before you, and as the adrenal in takes over you can do nothing but enjoy the ride.

A White Water Rafting tour on the picturesque Kelani River is for the adventurous, the ones on the look for an adrenal in rush. Covering 5 major rapids and 4 minor rapids you are spoilt not only with action, but also with the enchanted and beautiful landscapes that surrounds you on your journey down the river.

With safety gear and modern rafts, a comprehensive safety briefing will be given by your white water rafting instructors beforehand. Expect the rafting to be around 4hours. Your afternoon is free to relax or hang around the river to enjoy the beauty of nature and life along its waters. Dinner is included.

### **Day 6: Kitugala:**

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#### **Kitugala**

Freedom to move on your own, to flow through the Sri Lankan countryside with two wheels below you, serene country side scape around you and the occasional bird hovering above you. On mountain bike/bike you go uphill or downhill. The mountain bike tracks cover green tea leaf and rubber estates neatly tugging the curving mountainsides. You will pass several scenic locations, local towns and sleepy hamlets. You will get close to life in the local villages, the lifestyle and the magnificent sceneries that are ever-present. Dinner is included.

### **Day 7: Bentota:**

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#### **Bentota (Approx. 140 KM / 3-4 hours)**

From action and adventure in the hill country to beach and bliss along the sea.

After an adventurous week you will flow towards Bentota, a sleepy coast town where the Bentota River meets the sea. Known for its broad golden beaches it is the perfect place to kickback and unwind for a couple of days. Laze around in the sun, watch the world pass by and indulge on mouth-watering sea food and the flavours of the local cuisine.

### **Day 8: Bentota:**

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#### **-Bentota**

Rise and shine with a morning ocean swim or sleep in. After a slow start, go on a half-day river safari tour along the Bentota river's beautiful surrounding sand enjoy a fish foot massage at its natural form.

### **Day 9: Bentota:**

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#### **Day -09- Bentota – (Approx. 65 KM / 1,5-2 hours)**

After breakfast drive to Colombo and get transferred to the airport or anywhere in the city and continue on your own.

### **Round Tour Package Includes:**

Meals: 8 x Breakfast, 1 x lunch, 3 x dinner at Eco lodges

Accommodation: Comfort class hotels (small boutique hotels) on bed and breakfast basis

Transport: Private car according to itinerary.

Assistance: Driver, who speaks basic English.

Others/activities: River safari at Bentota with fish foot massages. Trekking tour in Knuckles Mountains.

White Water Rafting. Mountain biking/Cycling tour.

There is no overall guide on the tour, but a driver who speaks basic English. There may be English Speaking tour guides on the pre-organized day tours (only) according to itinerary.

### **Round Tour Packages Excludes:**

- Meals not stated as included in the above
- Entrance fee to the monuments
- Tips and Donations
- Any items of personal nature e.g. cold or soft drink / mineral water
- Any additional cost incurred due to matters beyond our control
- Personal comprehensive travel insurance (compulsory)
- All other expenses not stated as included in the above