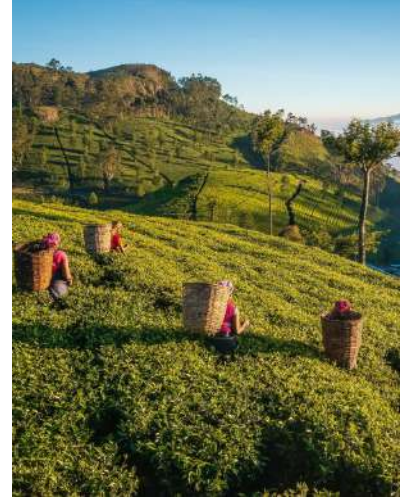




EXOTIC GLOBAL HOLIDAYS · DESTINATION MANAGEMENT
COMPANY · SRI LANKA

Highlights of Sri Lanka

Ten days across one island — ancient cities and living temples, elephants in the wild, mist and tea gardens in the highlands, and a slow finish on the palm-fringed southern coast.

02 · THE ROUTE

Your journey at a glance



Ayubowan

Thank you for choosing Exotic Global Holidays to shape your Sri Lankan journey. As the island's premier destination management company, we build authentic, unburied travel around the people who take it — your interests, your pace, your comfort and your budget.

Ten days are given to Sri Lanka's history, wildlife and landscapes. You begin in Negombo before the road climbs into the Cultural Triangle, ride bullock carts and boats through a Hiriwadunna village, and let the South Coast slow you down at the end. Along the way: rescued elephants at Pinnawala, mist and tea gardens above Nuwara Eliya, drums and dancers at a Kandyan cultural performance, the climb to Sigiriya Rock Fortress, and the ramparts of Galle Fort.

On the pages that follow you will find the journey day by day — sights, suggested timings, our insider tips, accommodation and everything included. Optional add-ons are marked and guidance given throughout, but the rhythm of each day remains yours to set.

We look forward to welcoming you to the island. Until then, may you travel safely and with great anticipation.

03 · DAY BY DAY

The journey, day by day

DAY	ROUTE	OVERNIGHT	NIGHTS
01	Airport — Negombo	Negombo	1
02	Negombo — Pinnawala — Dambulla — Habarana	Dambulla / Habarana	2
03	Habarana — Sigiriya — Polonnaruwa	Dambulla / Habarana	↓
04	Habarana — Kandy (via Matale)	Kandy	2
05	Peradeniya — Kandy	Kandy	↓
06	Kandy — Nuwara Eliya	Nuwara Eliya	1
07	Nuwara Eliya — South Coast	South Coast	3
08	South Coast	South Coast	↓
09	South Coast	South Coast	↓
10	South Coast — Airport	Departure	—

DAY 01 · ARRIVAL — NEGOMBO

Ayubowan! On arrival at Bandaranaike International Airport, you are met by your Exotic Global Holidays chauffeur-guide and assisted with a smooth transfer to your hotel in nearby Negombo — just 20 minutes away. Check in and spend the rest of the day at leisure. The Dutch canal still runs behind the beach, the hundred-year-old St Mary's Church holds a painted ceiling worth stepping in for, and the lagoon fills with outrigger canoes at first light — all an easy stroll from most hotels. In the evening, enjoy a relaxed seafood dinner by the beach.

TRAVEL TIP NEGOMBO CAN BE HUMID ON ARRIVAL — KEEP A CHANGE OF LIGHT COTTON CLOTHING AND A LOCAL SIM CARD IN YOUR HAND LUGGAGE, AND CHANGE A SMALL AMOUNT OF CURRENCY AT THE AIRPORT FOR TIPS AND TUK-TUK FARES. THE AIRPORT IS ONLY ABOUT TWENTY MINUTES AWAY, SO THERE IS NO NEED TO RUSH THE TRANSFER.



NEGOMBO

△ Overnight: Negombo

DAY 02 · NEGOMBO — PINNAWALA — DAMBULLA — HABARANA

HABARANA

After breakfast, check out and drive north to Pinnawala, where the Elephant Orphanage lets you watch rescued and orphaned elephants bathe, feed and play in the Maha Oya river — a highlight for children and adults alike. Continuing into the dry-zone plains of the Cultural Triangle, stop at Dambulla, where a stairway climbs a granite outcrop to the Royal Rock Temple, five linked caves holding more than 150 Buddha images and ceilings painted with murals that follow every contour of the living rock. In the late afternoon, arrive at your hotel in Habarana, the gateway to the region's national parks.

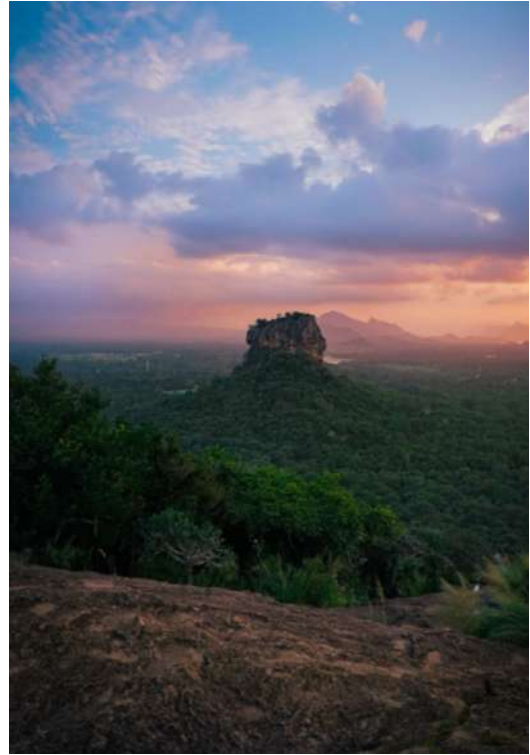
TRAVEL TIP PINNAWALA'S RIVER-BATHING SESSION USUALLY RUNS MID-MORNING TO EARLY AFTERNOON — CHECK THE CURRENT SCHEDULE WITH YOUR CHAUFFEUR-GUIDE BEFORE SETTING OFF. DAMBULLA'S STEPS ARE OPEN STONE AND FIERCELY HOT BY MIDDAY — CARRY SOCKS, AS SHOES COME OFF AT THE TOP.

△ Overnight: Dambulla / Habarana · night 1 of 2

DAY 03 · HABARANA — SIGIRIYA — HIRIWADUNNA — POLONNARUWA

An early climb up Sigiriya Rock Fortress, the fifth-century citadel King Kasyapa raised on a 200-metre column of rock — water gardens and boulder gardens at the base, the mirror wall and the celebrated frescoes of the Sigiriya maidens halfway up, the giant lion's paws at the final stairway, and the palace foundations and cisterns on the summit with the plains laid out in every direction. Back at village level, join a Hiriwadunna village tour — a bullock-cart ride, a catamaran crossing of a tank, a short walk through paddy fields and home gardens, and a rice-and-curry lunch cooked over firewood in a clay pot. In the afternoon, drive to Polonnaruwa, the island's medieval capital and a UNESCO World Heritage Site, best seen by bicycle or vehicle: the royal palace and council chamber, the Quadrangle's cluster of shrines, the vast brick Lankatilaka, and the serene rock-cut Buddhas of Gal Vihara. Return to your hotel in Habarana for the evening.

TRAVEL TIP START SIGIRIYA AT 7 AM — BY MID-MORNING THE 1,200 STEPS ARE HOT, CROWDED AND SLOW, AND THE METAL SPIRAL STAIR TO THE FRESCOES BECOMES A QUEUE. WASPS NEST ON THE ROCK FACE, SO KEEP VOICES LOW AND MOVEMENTS CALM ON THE UPPER TERRACES, AND SKIP THE CLIMB IF YOU ARE UNSTEADY ON OPEN STAIRWAYS; PIDURANGALA OPPOSITE GIVES THE BETTER PHOTOGRAPH OF SIGIRIYA ITSELF.



SIGIRIYA ROCK FORTRESS

△ Overnight: Dambulla / Habarana · night 2 of 2

DAY 04 · HABARANA — KANDY VIA MATALE

TEMPLE OF THE SACRED TOOTH RELIC

Check out after breakfast and head south towards the old royal capital, breaking the drive at a Matale spice garden, where cinnamon, cardamom, pepper and vanilla grow within a few paces of each other. Arrive in Kandy in the afternoon and check in to your hotel. In the evening, visit the Temple of the Sacred Tooth Relic, the spiritual centre of the island and of the Buddhist world beyond it; time your visit for the evening pooja ceremony, when drummers and horn players lead the opening of the shrine and pilgrims press forward with lotus flowers.

TRAVEL TIP THE TOOTH RELIC TEMPLE ENFORCES ITS DRESS CODE STRICTLY — WHITE OR LIGHT CLOTHING, SHOULDERS AND KNEES COVERED, SHOES AND HATS LEFT AT THE COUNTER. THE EVENING POOJA IS AROUND 6.30 PM AND IS THE MOST ATMOSPHERIC OF THE DAY'S THREE CEREMONIES.

△ Overnight: Kandy · night 1 of 2

DAY 05 · PERADENIYA — KANDY CITY TOUR

After breakfast, visit the Royal Botanical Gardens at Peradeniya, spread over sixty hectares of avenue palms, an orchid house and a giant Javan fig, held in a loop of the Mahaweli River. Return to Kandy for a city tour: the covered market and craft workshops of the old town, the white Bahirawakanda Buddha looking down over the rooftops, a gem museum and lapidary, the shaded forest paths of Udawattakele, and a walk along the lake path. In the evening, a Kandyan cultural performance brings drummers, masked dancers and fire-walkers to the stage.

TRAVEL TIP ARRIVE THIRTY MINUTES EARLY FOR THE CULTURAL SHOW TO GET A SEAT NEAR THE FRONT. TEMPLES AND GARDENS BOTH ASK FOR MODEST DRESS — A LIGHT SCARF IN YOUR DAY BAG COVERS SHOULDERS IF NEEDED.



PERADENIYA

△ Overnight: Kandy · night 2 of 2

DAY 06 · KANDY — NUWARA ELIYA

After breakfast, check out for the climb into the hill country. For those who choose it, the celebrated hill-country train can be joined at a convenient station along the route — reserved seats sell out weeks ahead, so tell us early — while your vehicle meets you further along the line; otherwise the drive itself passes waterfalls and tea slopes on the way up. Arrive in Nuwara Eliya, the town the British built to feel like home — hedged gardens, a racecourse, a golf course and mock-Tudor bungalows in the mist — for a city tour. Visit a working tea factory and plantation to follow the leaf from plucking through withering, rolling and firing to the cup, then taste the difference between grades in the tasting room. Add a stroll or a pedal boat on Gregory Lake and Seetha Amman Temple with its painted gopuram above the stream.

TRAVEL TIP PACK A FLEECE OR JACKET IN YOUR DAY BAG RATHER THAN THE BOOT — NUWARA ELIYA SITS ABOVE 1,800 METRES AND DROPS TO SINGLE DIGITS AFTER DARK. IF YOU TAKE THE TRAIN, SIT ON THE RIGHT-HAND SIDE GOING UP FOR THE TEA-GARDEN VIEWS.

△ Overnight: Nuwara Eliya



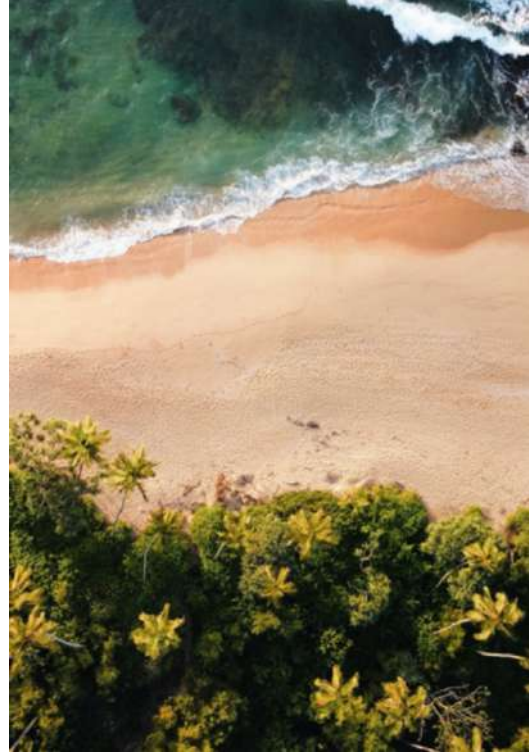
TEA COUNTRY

DAY 07 · NUWARA ELIYA — BEACH STAY (SOUTH COAST)

After breakfast, check out and descend from the highlands towards the coast. Join the Southern Expressway for the run down to the south coast, where your beach hotel and a long stretch of palm-backed sand wait. Check in and spend the rest of the day at leisure — the pool, the sea or nothing at all.

TRAVEL TIP BREAK UP THE DESCENT WITH A STOP FOR LUNCH ON THE WAY DOWN — YOUR CHAUFFEUR-GUIDE CAN SUGGEST A SPOT DEPENDING ON TIMING. AIM TO ARRIVE BEFORE DARK FOR THE EASIEST CHECK-IN.

△ Overnight: South coast beach hotel · night 1 of 3



SOUTH COAST

DAY 08 · TURTLE HATCHERY — MADU RIVER — GALLE FORT

A full day on the coast, shaped however you like it. Visit a turtle hatchery, where rescued and hatched sea turtles are cared for before release, and where you can often hold a hatchling before it returns to the ocean. A boat safari on the Madu River threads mangrove tunnels and tiny island hermitages, and the stilt fishermen of Koggala still perch above the surf at dawn and dusk. Galle Fort is the day's other highlight — a walled Dutch town of ramparts, coral-stone churches and shaded verandah cafes that is best walked in the cooler light of late afternoon, finishing at the lighthouse as the sea turns gold.

TRAVEL TIP THE INDIAN OCEAN HERE HAS A REAL UNDERTOW — SWIM BETWEEN THE FLAGS WHERE LIFEGUARDS ARE POSTED, AND ASK YOUR CHAUFFEUR-GUIDE WHICH BEACH IS SAFEST ON THE DAY, AS IT CHANGES WITH THE MONSOON. TURTLE HATCHERIES WELCOME A SMALL DONATION TOWARDS THEIR CONSERVATION WORK.

△ Overnight: South coast beach hotel · night 2 of 3

GALLE FORT

DAY 09 · LEISURE AT THE BEACH

SOUTH COAST

A day entirely at your own pace. Your vehicle and chauffeur-guide remain at your disposal for up to 8 hours and 80 kilometres, should you wish to explore further along the coast, visit a nearby town or simply run an errand — otherwise, stay by the pool or the sea and let the day unfold as it pleases.

TRAVEL TIP LET YOUR CHAUFFEUR-GUIDE KNOW BY THE PREVIOUS EVENING IF YOU WOULD LIKE THE VEHICLE FOR A FULL DAY OUT, SO TIMINGS CAN BE PLANNED AROUND TRAFFIC AND OPENING HOURS.

△ Overnight: South coast beach hotel · night 3 of 3

DAY 10 · BEACH — BANDARANAIKE INTERNATIONAL AIRPORT

Breakfast at leisure, and depending on your flight time perhaps a last swim before checking out. En route to the airport, an optional stop in Colombo gives time for a half-day city and shopping tour — the colonial arcades and clock tower of the Fort quarter, the crowded lanes of Pettah bazaar, the serene shrine rooms of Gangaramaya Temple beside Beira Lake, and boutiques and malls for last-minute souvenirs. Your chauffeur-guide then transfers you to Bandaranaike International Airport for your onward flight, with assistance at check-in.

TRAVEL TIP ALLOW THREE HOURS BEFORE AN INTERNATIONAL DEPARTURE AND FACTOR THE COLOMBO STOP INTO YOUR TIMING ACCORDINGLY — TELL US IN ADVANCE IF YOU WOULD LIKE IT INCLUDED. BUFFALO-CURD, CINNAMON AND ANY WOODEN OR ANTIQUE-LOOKING ITEM SHOULD BE DECLARED OR CHECKED BEFORE YOU PACK IT; EXPORT OF GENUINE ANTIQUITIES IS PROHIBITED.

△ Overnight: — Departure

14 · ACCOMMODATION

Where you will stay

The hotels below are offered at two comfort levels for the same itinerary. Please confirm which category you would like us to quote.

DESTINATION	NTS	4-STAR OPTION	5-STAR OPTION
Negombo	1	Goldi Sands Hotel	Jetwing Blue
Dambulla / Habarana	2	Habarana Village by Cinnamon	Cinnamon Lodge Habarana
Kandy	2	Cinnamon Citadel Kandy	Earl's Regency
Nuwara Eliya	1	Araliya Green Hills	Araliya Green City
South Coast (Beach)	3	Turyaa Kalutara	Cinnamon Bey Beruwala

The itinerary comprises 9 nights and 10 days. All hotels are subject to availability at the time of confirmation; should a listed property be unavailable, we will do our very best to secure a similar alternative of the same category at the same cost; where that is not possible, an alternative will be offered with any supplement advised to you in advance. See The Fine Print for full hotel terms.

Pricing & terms

Please contact us for pricing and terms and conditions.

READY WHEN YOU ARE

Ayubowan — and safe travels

Tell us what you would like changed and we will rework the journey around it. Nothing here is fixed until you say so.