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# Sri Lanka - Central to South

Get to visit three vastly distinctive regions of this exotic country and experience their unique and exciting culture!

On this road trip, visit the world-famous former Dutch colony of Galle, the beautiful botanical gardens, tea factories, marvel at the varied architecture and thrilling activities and natural sites. This road trip is guaranteed to give you an amazing and unforgettable adventure!



# **Program Description**

The Sri Lanka Road Trip is an Eco-Tourism travel project which means it is as environmentally friendly as possible. As part of this unique experience, you will visit various distinctive regions and explore their exotic, unique and exciting culture. The road trip includes the world-famous Dutch Fort in Galle, the Royal Botanical Gardens, a Tea Factory and many other sites of historical importance

Enjoy a natural Ayurvedic treatment, a boat trip along the Madu Ganga, and spend time on the beach in the southern coast of Sri Lanka.

In the first week you will be introduced to Sri Lanka wherein you will witness cultural dance and music performances by artists, visit famous Buddhist and Hindu temples, learn Sri Lankan cuisine, culture and traditions and much more!

On your second week, you will climb the Ambuluwawa peak, visit Lion's rock - where you can see the ruins of an old castle built on a rock, and also spend an adventurous day by the side of the Mahaweli river and do water sports and other activities. You will also do a nature trek in Riverston and visit a mini world's end. This also includes a morning trek to Pidurangala Mountain and witnessing the sunrise from the top of the hill.

On the third week, we take you to the southeastern part of Sri Lanka where you will spend the remaining 5 days to visit ancient temples by tuk-tuk or van, relax by the pristine beach, go on a river safari, work at our very own turtle conservation project, visit Galle, and also visit a gemstones' museum!

### **Program Duration & Availability**

Min duration (weeks):	3
Max duration (weeks):	3

# **Aims & Objectives**

The aim of this program is to bring you closer to authentic Sri Lanka. Through different projects and activities, you will get to truly immerse yourself in the culture, customs and lifestyle.

## Schedule

# Week 1

#### Day 1: Monday

- Welcome/Introduction to the Program/collection of documents
- Language Lesson/Lunch/Cultural lesson/Kandy City tour
- Cultural Show

#### Day 2: Tuesday

- Sri Lanka breakfast
- Spice and Ayurvedic garden visit/Tea factory visit and the Gem Museum
- Boat ride at the Kandy Lake

#### Day 3: Wednesday

- Sri Lankan cooking Lesson
- Meditation Lesson

#### Day 4: Thursday

- Sri Lanka breakfast
- Early morning visit to the Temple of the tooth
- Join a Batik lesson

#### Day 5: Friday

- Visit a special temple in a small forest and Hindu Temple visit
- Indian Lunch in the city/Ayurvedic massage

#### Day 6: Saturday

- Visit Royal Botanical Gardens
- Visit to British Cemetry

#### Day 7: Sunday

• Free Day

### Week 2

#### Day 8: Monday

• Day hike to Ambuluwawa Peak

#### Day 9: Tuesday

- Physical traning and morning trek
- River kayaking, calm water rafting, abseiling, repelling
- Bon fire

#### Day 10: Wednesday

- Galboda waterfall hunt
- Train ride to Kandy
- Udawattakele Forest Reserve

#### Day 11: Thursday

- Nature trek in riverston
- Transfer to Dambulla

#### Day 12: Friday

- Hike to Pidurangala mountain
- Climbing the Sigiriya rock (Lion's rock)

#### Day 13: Saturday

• Visit Dambulla cave temples and returning to the accommodation in Kandy

#### Day 14: Sunday

• Early morning travel to Down South by train to the beach

### Week 3

#### Day 15: Monday

• River Safari at "Madu Ganga" and Afternoon Relaxing at the beach

#### Day 16: Tuesday

• Visit South Asia's largest sleeping Buddha statue and Sri Lanka's largest wooden Buddha statue "Temple day"

#### Day 17: Wednesday

• Feeding the Turtles and afternoon will be free

#### Day 18: Thursday

• Tour to a beautiful waterfall and the afternoon will be free at the beach

#### Day 19: Friday

• Galle City Tour and afternoon will be free

#### Day 20: Saturday

• Departure

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

### **Starting Dates**

### During 2019

Jan 7th	Feb 4th	Mar 4th	Apr 1st	May 6th	Jun 3rd	Jul 1st
Aug 5th	Sep 2nd	Oct 7th	Nov 4th	Dec 2nd		

### During 2020

Jan 6th	Feb 3rd	Mar 2nd	Apr 6th	May 4th	Jun 1st	Jul 6th
Aug 3rd	Sep 7th	Oct 5th	Nov 2nd	Dec 7th		

# **Participant Criteria & Requirements**

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

#### **Additional Requirements**

- Participants below the age of 18 should have parental consent.
- Participants above the age of 65 should have medical clearance.

# **Additional Equipment**

- Shoes suitable for hiking
- Towel and blanket
- Insect repellent
- Cap/hat
- Sunscreen