



Picture from Sri Lanka Tourism Promotion Bureau

Sri Lankan
B E A C H
www.srilankanbeach.com

www.srilankanbeach.com

inquiries@srilankanbeach.com, reservations@srilankanbeach.com

Sri Lanka Ayurvedic Retreat

(10 Days / 09 Nights)

Negombo – Yapahuwa – Wilpattu – Kalpitiya - Colombo

Sri Lanka has always been known for its holistic approach to life and existence. For thousands of years, the most popular method used to restore and rejuvenate tired bodies and weary souls has been Ayurveda – the oldest and most holistic medical system available in the world. Sri Lanka has been a centre of spiritual and physical healing for 2,000 years. This tour puts together a unique Ayurvedic wellness treatment with the support of qualified doctors and therapists who help you to relax, detox and rejuvenate your body and mind. A carefully prepared 5-day programme will improve your health of body and mind, leaving a lasting effect on you. You will also visit the largest wildlife park in Sri Lanka to spot wild animals before retreating for the final two days to the beach, enjoying sun, sand and whale watching.

Full itinerary of the tour

Day 01: Airport – Negombo

You will land at the Katunayake Airport situated next to the beautiful Negombo Lagoon and spend the night in Negombo. You will have the rest of the day to rest and get adjusted to the tropical climate. In the evening our company representative will come to you for a complimentary tea to discuss the program ahead. He will present you the different options you can take, value added services you are given as well as the complimentary offers especially designed to make your trip memorable and worthwhile.

Airport arrival: Welcome to Sri Lanka by our concierge and transfer to the hotel

Accommodation: Paradise Beach Hotel or similar/ Meals included: Breakfast

Transport: 15 km by special tourist coach, mini bus, van, car

Day 02/ 03/ 04/ 05/ 06: Experience an authentic Ayurvedic wellness treatment

The stay at the Ayurveda Resort will give you total relaxation, both for your body and your mind. We will give you the chance to experience the holistic healing effect of Ayurveda with the support of qualified doctors and therapists who help you to relax, detox and rejuvenate your body and mind. You will talk with a doctor about your needs and can then book different massages, special Ayurvedic baths and meals which are all included in your package.

A healthy diet plays an important role in Ayurveda, so the vegetarian meals and snacks during your stay won't use any artificial flavors and fragrances and no animal fats.

Accommodation: Ayurveda Paradise Maho Hotel or similar/ Meals included: Breakfast, Lunch and Dinner

Transport: 120 km by tourist coach, mini bus, van, car.

Day 07: Wilpattu National wildlife Park

Enjoy an Ayurveda wellness treatment in the morning and then travel to Wilpattu with a fresh and energetic mind. This wildlife paradise is home to the largest leopard population in Sri Lanka and offers unique bird-watching opportunities. Sporting leopards preying on wild deers, moose and wild boars is not at all rare. In the evening, all the animals, including herds of elephants, bears and crocodiles, head to the many beautiful lakes for their evening meal, offering you unforgettable photo opportunities. We have experienced drivers who won't rush you through, take you to the most beautiful and hard to get places and let you enjoy the magnificence of Wilpattu National Park. After your full day Wilpattu wildlife safari tour you will check in to your heavenly retreat in Kalpitiya beach.

Accommodation: Divya Lagoon Resort in Kalpitiya/ Meals included: Breakfast and lunch

Transport: 180km by walking, tourist coach, mini bus, van, car

Day 8 and Day 9: Dolphin & whale watching – Leisure at Kalpitiya Beach

Then we will travel to Kalpitiya, because we don't want you to miss out the beautiful beaches of the Indian Ocean. Kalpitiya is the best place in Sri Lanka to watch dolphins. It is being home to 156 species of coral and 283 species of fish. A boat ride to watch dolphins jumping around you and whales slowly circling below is a must in Kalpitiya. You can also go for a walk along the beach, dip into the waves and enjoy the good life during your last day in Sri Lanka.

Accommodation: Divya Lagoon Resort in Kalpitiya/ Meals included: Breakfast

Transport: 00km by walking, tourist coach, mini bus, van, car and by whale watching tour boat

Day 10: Colombo – Katunayake Airport

As all good things must come to an end, your guide will lead you comfortably back to the international airport for your departure, filled with unforgettable memories of relaxation, culture and the unique spirit of Sri Lanka.

Transport: 150 km by tourist coach, mini bus, van, car

Meals included: Breakfast from the hotel

Complimentary offers (Depending on your location and tour package):

No hidden prices.

1. Optional tour in Kandy to famous royal temples of Gadaladeniya, Lankathilake and Ambekke Temple saving you 60 Euro per person.
2. Hiriwadunna village tour and lake safari including bullock cart tour across the village and jungle road and a tuk tuk adventure, saving you 30 Euro per person.
3. Exotic elephant safari ride tour in Pinnawala, saving you 18 Euro per person.
4. Traditional 80 minute Ayurvedic massage saving you 40 Euro per person.

Price includes:

- J We cover all costs included in your itinerary description inside Sri Lanka (no air fare)
- J Best reviewed and ranked boutique luxury hotels
- J Accommodation in shared double rooms on bed and breakfast basis in specified luxury hotels (can be upgraded on customer request)
- J Private luxury van, mini bus or car with an experienced driver and/ or guide with special tourist insurance
- J All government charges and taxes
- J Meals on bed and breakfast basis (Can be upgraded on customer request)
- J Safaris with specialist jeeps and wildlife expert drivers; meals included during safaris
- J Free complementary excursions and herbal treatments, massages and lunches
- J Extras on the way such as traditional delicacies and traditional handcraft souvenirs
- J Water and snacks on the way

Price excludes:

- J Medical/ travel insurance
- J Optional tours and activities that are not part of the complimentary offers that come with your package
- J Special permits including camera and video permits to designated sights
- J Tips and other expenses of personal nature
- J Entrance fees to national monuments, wildlife parks and other attractions that are not covered in your offer (can be upgraded on customer request)

Special notes to all travelers

1. All rates are subject to change in case of sudden government charges on fuel and transport, hotel rates, entrance fees and taxes.
2. Above rates are calculated at the latest available conversion rate. You will be informed about any major differences and the final tour price may be reduced or increased.
3. Our cancellation policy will be applicable for any reduction of rooms after the release period.
4. We keep our costs to absolute minimum by picking nonrefundable reservations. Therefore, all tour reservations are subject to a 100% non-cancellation policy. However we may help you to change the dates or change the tour program depending on costs and availability.
5. All reservations are subject to availability at time of booking.
6. Reservation confirmation shall be subject to availability after your consent to confirm the room /round tour package.
7. The official check-in time at all hotels is 14:00. Official check-out time is 11:00.
8. Alcohol will not be served by any hotel on Poya Days (full moon) and other days prohibited by the government. Guests are advised to abide by the law at all times.
9. Optional excursions and additional services outside our large number of complimentary options can be provided at additional charge.
10. Visits to wildlife parks will be at client's own risk.
11. Safari vehicles have very basic insurance cover (not as comprehensive as in the case of vehicles used for tours).
12. By booking a tour or request a booking you agree to the following terms:
 - a. Please visit our Terms and Conditions page. [click here](#)
 - b. Please visit our important travel information and disclaimers. [Click here](#)