

# Sri Holidays



your travel partner for Sri Lanka

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## ULTIMATE SRI LANKA WELLNESS AND FITNESS HOLIDAY 15 DAYS

**B2B - Fully Customizable**



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## Tour Itinerary:

### **DAY 01 - 08:**

#### **Authentic Life Ayurveda Resort Wadduwa Beach**

Arrive at the Bandaranayke International Airport and transfer to the Authentic Ayurveda Beach Resort 35 km south of Colombo. The perfect combination of a perfect beach holiday and professional Ayurveda treatments; supervised by specialized Ayurveda doctors.

The Resort is surrounded by a tropical garden and consists of only 30 en-suite a/c and non-a/c rooms; giving you the privacy and personal attention you deserve.

Between your Ayurveda treatments you can relax on the white sand beach, swim in the spacious pool or the Indian Ocean; learn about natural healing at the Ayurveda herbal garden, and discover the benefits of organic food at Ayurveda cooking classes.

The Resort is all-inclusive with daily massages and Ayurvedic treatments (optional). Additionally there are also free Yoga and Meditation classes.

Overnight at Life Ayurveda Resort, Wadduwa.

### **DAY 08:**

#### **Start of the Mountain Bike Tour: Wadduwa – Bentota (36.4 Km)**

After breakfast, your driver/guide will discuss the tour options of the day with you and provide you with fully serviced mountain bikes. The whole route is designed to allow time for sightseeing, swimming, and the occasional rest. Softdrinks and snacks can be bought on the way. The main road runs next to the Indian Ocean, providing you with stunning views and a constant breeze. However, you might consider using sometimes the 'Old Colombo Road' which runs most of the way parallel to the beach road.

No ocean views but more shade, little villages, paddy fields, and ancient temples. The real Sri Lanka most visitors won't see. Just ask your guide who will follow you in the support vehicle.

From Wadduwa you will be heading south to Bentota Beach. Visit the Beruwela fishing harbor before embarking on an afternoon river safari, providing you with the opportunity to see tropical birds close up; waders, stunning kingfishers, rare pied kingfishers, bee-eaters, Brahminy kites, etc. Water monitors, bearing an uncanny resemblance to crocodiles, are also bound to make an appearance, so keep your eye out for a glimpse! Facing the Indian Ocean, a tropical lagoon and a major river, Bentota Beach offers water sports possibilities nowhere else to be found in Sri Lanka.

Apart from swimming, body-surfing or diving in the sea, you can jet-ski, windsurf, parasailing or just enjoy the river and lagoon. Being one of the most established beach resorts in Sri Lanka, Bentota is known for its professional touristic infrastructure.

Overnight at the Palms Hotel, Bentota.

## **DAY 09:**

### **Bentota – Hikkaduwa (46.8 Km)**

On the way to Hikkaduwa you'll pass a giant Buddha statue after which you turn inland to reach the Hikkaduwa Bird Lake. As the name suggests there is an abundance of tropical birds to see together with huge monitor lizards.

The Hikkaduwa Beach is stunning and in the late afternoon/early evening you can observe sea turtles swimming ashore.

In the early 1960s, Hikkaduwa started its change from a small fishing village into one of Sri Lanka's international holiday destinations.

Today backpackers, travelers, and package tourists alike favor the beach party atmosphere of Hikkaduwa created by the surfing & diving scene.

Beautiful white sand beaches, colorful coral reefs, and excellent surf are attracting people from all over the world.

Overnight at the Coral Sands Hotel, Hikkaduwa.

## **DAY 10:**

### **Hikkaduwa – Galle – Unawatuna Beach (24.8 Km)**

In the morning we head directly to Galle, the administrative center of the South. Here we visit the UNESCO Heritage Site Galle Fort. It is the largest remaining fortress in Asia built by European invaders. You can spend hours exploring the famous Dutch fort, go shopping at one of the oldest markets of Sri Lanka and the modern shopping complexes or you can enjoy the feeling of "the good old times" at one of the colonial-style hotels and restaurants.

In the afternoon we continue our journey along the coast to Unawatuna Beach.

Unawatuna is a beautiful and quiet beach resort just 5 km south of Galle.

While Unawatuna offers many hotels and guesthouses for all travelers, it is still an uncrowded, authentic Sri Lankan beach resort.

A golden beach which is protected by coral reefs, safe swimming, wreck & reef diving and some surf points making Unawatuna a more and more popular travel destination.

Overnight at Joe's Unawatuna.

## **DAY 11:**

### **Unawatuna – Mirissa (27.7 Km)**

Certainly one of the most scenic sections of the tour. The ocean is dotted with rock formations and after almost every bend is a secluded cove, ideal for a picnic or bathing.

In Weligama, just before reaching Mirissa, you can see the famous stilt fishermen in action.

Mirissa itself is a small fishing village with a beautiful beach and excellent surf points. A short distance to the interior you can find rubber and coconut plantations, ancient temples, and spice gardens.

If you are lucky you can do some Whale Watching and see pods of sperm whales passing along the coast.

Another highlight is the traditional Devil Dance, a Southern Sri Lankan special. Known for its healing powers, Devil Dancers are invited to help speed up the recovery process of illnesses. A great thing to watch and/or even participate in.

Overnight at Paradise Beach Club.

## **DAY 12:**

### **Mirissa – Matara – Tangalle (45.8 Km)**

Today's destination Matara is a busy, booming, and sprawling commercial town that owes almost nothing to tourism – which can make it a fascinating window on modern Sri Lankan life. Matara's main attractions are its ramparts, Dutch architecture, a well-preserved fort, and its street life.

#### **STAR FORT**

The Star Fort was built by the Dutch to compensate for deficiencies in the neighboring rampart, but it's so small it could only have protected a handful of bureaucrats. Look out for the construction date (1765) embossed over the main gate, along with VOC insignia and the coat of arms of the governor of the day. Inside there's a small museum with modest displays about the history of Matara, and you can view former soldiers' sleeping quarters and prisoners' cells.

Look for the two carved lions that guard the entrance gates and then stroll the mini-ramparts, complete with cannon stations.

#### **MATARA FORT**

This historic, though run-down district, was once the heart of Dutch, and later British, Matara. There are no real sights, but it's an intriguing area architecturally, and a quick wander will reveal many fine old colonial mansions in various states of disrepair. The river bank at the west corner is serene; see if you can spot one of the rumored crocodiles.

#### **DUTCH RAMPART**

The smallish Dutch rampart occupies the promontory separating the Nilwala Ganga from the sea. Built in the 18th century to protect the VOC's kachcheri (administrative office), its structure is a little peculiar – it was originally meant to be part of a large fort, but accountants, with their pesky cost-cutting exercises, dictated otherwise. The rampart borders the atmospheric, though crumbling, Matara Fort district.

#### PAREY DEWA

A pedestrian bridge near the bus station leads to a small island, Parey Dewa (Rock in Water), which is home to a tiny Buddhist temple with a very fancy modern bridge leading out to it. The beach on which it sits is a great place to go for an evening walk and enjoy an ice cream with many of the town folk.

Overnight at Palm Paradise Cabanas, Tangalle.

### DAY 13 - 14:

#### Tangalle

Known for its tranquility, deserted beaches, and a unique ECOsystem, Tangalle attracts more individual travelers to Sri Lanka.

One side of Tangalle bears a small hillock, with a bird's eye view of the surrounding bays up to the far horizon of the palm-fringed beach and the shimmering sea. Tangalle boasts of clear soft sandy beaches and surfing.

A couple of protective bays have made Tangalle a popular port from ancient times to date and, today is an important fishing town, as well as a perfect place for those who desire a quiet, relaxed holiday with sun, sand, surf, snorkel, and swimming.

The most popular spots for sea bathing, sunbathing, swimming, surfing, and also snorkeling are situated in the nearby tiny villages by the sea like Medilla, Goyambokke, Pallikaduwe, Mawella, Kudawella, and Seenimodera.

You can spend your time on the beach, explore the surrounding on your own or follow our recommendations:

#### VISIT THE TURTLE HATCHERY IN REKAWA

The Turtle Hatchery in Rekawa is a state-of-the-art sea turtle hatchery and rescue center, complete with water tanks to care for newborn turtles, along with adult turtle species that have been rescued from the sea due to injuries.

#### KAYAKING IN THE TANGALLE LAGOON

The Tangalle Lagoon is a haven for a myriad of birdlife and marine life. Located towards the south of Tangalle, the lagoon provides a great day trip for those in the area. One of the best ways to explore the Tangalle Lagoon; especially at your own pace is by embarking on a kayaking or canoeing excursion along the gentle, emerald waters. As you paddle along the lagoon; keep an eye out for the various

wildlife that calls the lagoon and the bordering mangroves; home. From birds to crocodiles, kayakers are in for an exciting safari! This off-the-beaten-path attraction in Tangalle is ideal for those looking to escape the crowds from the nearby more popular beach towns. Explore the mangroves, and remember to duck under low-hanging branches!

#### MULKIRIGALA CAVE TEMPLE COMPLEX

Mulkirigala, also spelt Mulkirigala, is the most important heritage site in the Southern Province. In the hinterland of the coast, it's the best example of a Sinhalese cave temple. There are plenty of caves used as image houses on different levels of the rock and the paintings in most of them are of excellent quality, though of a distinct style characteristic for the deep south of Sri Lanka. In a way, Mulkirigala can be called the Dambulla of the south and the monadnock with its vertical cliffs resembles Sigiriya. Like Dambulla, Mulkirigala looks back to a long history. Monks lived in the rock shelters already in the pre-Christian centuries

Overnight at Palm Paradise Cabanas, Tangalle.

#### **DAY 15:**

##### **Tangalle – Colombo – Airport**

After breakfast, we will head back to the West Coast by MiniVan. Depending on your schedule, Colombo Sightseeing and Last-Minute Shopping can be included before driving to the airport.

This Tour Package is Fully Customizable and can be adjusted according to your travel plans.

End of your Sri Lanka Wellness and Fitness Holiday

### **Tour Includes:**

- Accommodation at selected Hotels in double room (sharing)
- Meal Plan: Breakfast and dinner (half-board)
- Experienced, English-speaking driver/guide with required guiding permit.
- French, German, Russian, Italian, Japanese speaking guides can be booked for a small surcharge.
- Private transportation by a/c luxury limousine or Japanese Mini Van with driver/guide
- Full vehicle/passenger insurance by Sri Lanka Insurance Corporation Ltd.
- Driver Accommodation & Meals
- 24/7 Customer Hotline

### **Optional**

- Wi-Fi
- Free Baby Seat
- Free Wheelchair
- Free Baby Cot (below 3 years)

### **Tour Does Not Include:**

Client(s) Medical / Travel  
Insurance Meals not mentioned  
above Applicable Entrance Fees  
International/Domestic Flights  
Personal Expenses  
Tips/Porterage  
Excursions not mentioned in the Tour Itinerary



CONTACT US FOR **A QUOTE**  
& ALL AVAILABLE OPTIONS

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