



Sri Lanka: Adventure to the Pearl of the Indian Ocean

DURATION | 10 Days

TRIP LEVEL | Level 2 - Moderate

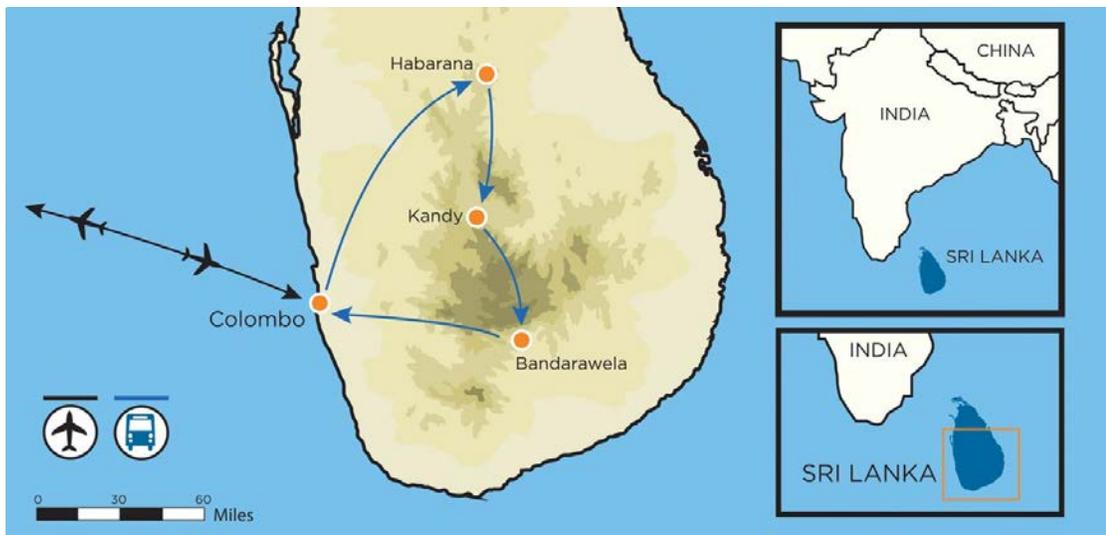
Trip Overview

Embark on an all-women's adventure through Sri Lanka with AdventureWomen! Start in Colombo, enjoying a warm welcome before exploring Sri Lanka's Cultural Triangle, including rock climbing Sigiriya Rock Fortress and cycling through ancient Polonnaruwa. Experience local traditions with cooking classes, almsgiving, and a batik workshop. Visit the sacred Temple of the Tooth, discover Sri Lankan tea production, and immerse yourself in the vibrant culture, from gem cutting to Kandyan dance. End with a beachside farewell dinner. PLUS: Option to extend your journey to the Maldives for relaxation and adventure. A transformative journey awaits!

Trip Highlights

- Climb Sigiriya Rock Fortress and bike through Polonnaruwa's ancient ruins.
- Meet inspiring women, create batik art, and try gem cutting.
- Spot wildlife on game drives, savor local teas, and cook Sri Lankan specialties.

Map View



Arrival: Arrive in Colombo, Sri Lanka (CMB) on Day 1 by 2:00 PM.

Departure: Depart from Colombo, Sri Lanka (CMB) on Day 10 between 8:00 AM and 12:00 PM.



Trip Itinerary



Day 1

Welcome to Sri Lanka!

Welcome to Sri Lanka! Once you land, in Colombo, travel with ease guided through immigration and to baggage claim. Enjoy a refreshment at the exclusive "Silk Route" lounge area while your luggage is handled. There will be one hotel group transfer included based on traveling times. Once in Sri Lanka, check into your room and relax before dinner, where you'll enjoy a lively welcome dinner with the group as you get to know your fellow travelers this evening. Share stories and learn about why each woman is excited to explore Sri Lanka!

Meals: dinner | Overnight: Galle Face Hotel



Galle Face Hotel

Located adjacent to the green and the coast in Colombo, the Galle Face Hotel offers accommodations rich in history and tradition with modern furnishings. Relax and enjoy the sound of the water from your oceanview room.

Amenities: soap, shampoo, hairdryer, air conditioning, WiFi



Trip Itinerary



Day 2

Rock Climb and Cooking Class

After a "Power Breakfast" at the hotel with one of the most prominent female achievers of Sri Lanka, you will set off on a 4.5 hour drive to explore the Cultural Triangle of Sri Lanka. Then, rock climb at the Sigiriya Rock Fortress, a former royal citadel towering over the jungle and is a UNESCO World Heritage site. The amazing 360-degree view will be the best reward after you complete the 650-foot climb to the summit (optional). For dinner tonight, enjoy a cooking experience preparing Hoppers, a delicious and famous Sri Lankan delicacy

Meals: breakfast, lunch, dinner | Overnight: Cinnamon Lodge Habarana



Cinnamon Lodge Habarana

The Cinnamon Lodge Habarana is a sustainable lodge that is nestled in the heart of nature and surrounded by over 2,000 trees. Featuring traditional architecture with modern amenities, this lodge will leave you feeling relaxed and rejuvenated.

Amenities: soap, shampoo, hairdryer, air conditioning, WiFi



Trip Itinerary



Day 3

Game Drive and Bike Ride

After breakfast, drive to Polonnaruwa, Sri Lanka's medieval capital and a UNESCO World Heritage site. Explore its archaeological treasures by bike, including the famous Gal Viharaya, a rock temple with carved Buddha statues. Ride through a rural village, meet local farmers, and savor a traditional farmer's lunch. In the afternoon, visit Minneriya National Park (or similar dependent on Weather) for a wildlife safari led by a local naturalist. Spot elephants, endemic monkeys, and more. End the day with sundowners and dinner, reflecting on your discoveries.

Meals: breakfast, lunch, dinner | Overnight: Cinnamon Lodge Habarana



Trip Itinerary



Day 4

Almsgiving

Today you are invited into the home of a local family who will show you how to make a meal comprised of 3 or 4 traditional dishes. Learn about their unique utensils and slow-cooking techniques. After you finish preparing the food, take part in a traditional practice of alms giving where meals are offered to the monks in the village Buddhist temple. The afternoon is yours to enjoy lunch on your own and time at leisure at the hotel before meeting back up with the group for dinner.

Meals: breakfast, dinner | Overnight: Cinnamon Lodge Habarana

Trip Itinerary



Day 5

The Art of Batik

Enjoy breakfast at the hotel before setting out on your journey to Kandy, known as the Last Kingdom of Sri Lanka. Along the way, visit the Dambulla rock caves exploring its renowned wall art dating back to the first century BC. Then, visit a local workshop where you will have the chance to try your hand at the beautiful art of batik. Afterwards, enjoy lunch in the home of one of the local batik artisans before driving the last 90 minutes to Kandy where you'll enjoy a group dinner.

Meals: breakfast, lunch, dinner | Overnight: Jetwing Kandy Gallery



Jetwing Kandy Gallery

Situated outside of the city center in Kandy and overlooking the Mahaweli River, the Jetwing Kandy Gallery is a lovely respite from the hustle and bustle of the city. Each room offers a river or garden view with a private balcony.

Amenities: soap, shampoo, hairdryer, air conditioning, WiFi, laundry service for an additional fee



Trip Itinerary



Day 6

Explore Kandyan Culture

Discover Sri Lankan costumes and heirloom jewelry and meet a gemologist to learn about gemstones and try gem cutting. After lunch, meet a local single mother supporting her family through sewing and donate a sewing machine as a group. Visit the Temple of the Tooth, a revered site housing Buddha's tooth relic and showcasing stunning Kandyan architecture. Conclude with a group dinner at the hotel, accompanied by a vibrant performance of traditional Kandyan and fusion dances by local female dancers.

Meals: breakfast, dinner | Overnight: Jetwing Kandy Gallery



Trip Itinerary



Day 7

Scenic Train Ride and Botanical Gardens

After breakfast, head to the Royal Botanical Gardens of Peradeniya where you will meet an experienced botanist as he shares stories of the garden's history and the precious live collections that have been gathered over centuries. Travel to the central highland's region of Sri Lanka, known for its tea production, on a scenic 4-5 hour train filled with gushing waterfalls, vast tea terraces and expansive vegetable fields. Lunch will be on your own today before checking into your hotel before enjoying dinner with the group there tonight.

Meals: breakfast, dinner | Overnight: Anasa Wellness Resort



Anasa Wellness Resort

A secluded, remote property located in the hills of Bandarawela, the Anasa Wellness Resort is focused on a holistic wellness experience. The resort has only 10 chalets surrounded by lush forests, guaranteeing a peaceful and restorative stay.

Amenities: soap, shampoo, hairdryer, air conditioning, WiFi



Trip Itinerary



Day 8

Experience Sri Lankan Tea

Meet a Sri Lankan tea plucker at a working tea plantation where you will spend a day getting up close and personal with this local woman as she shares the practice of tea. Later, put your skills to the test as you participate in an exciting tea plucking competition! Head back to your hotel for lunch and some down time before enjoying a scrumptious high tea. Dinner will also be at the hotel with your group tonight.

Meals: breakfast, lunch, dinner | Overnight: Anasa Wellness Resort



Trip Itinerary



Day 9

Shopping Tour of Colombo

After breakfast, head to Colombo where you'll partake in a shopping tour in town where you can purchase vibrant clothing or handcrafted goods. Lunch will be on your own today before joining your group tonight for a celebratory farewell dinner, indulging in a six-course beachfront dining experience under the stars. as you reminisce about your favorite moments from your time in Sri Lanka!

Meals: breakfast, dinner | Overnight: Jetwing Beach



Jetwing Beach

The Jetwing Beach is located less than 30 minutes from the International Airport, the Jetwing Beach offers convenient accommodations in one of Sri Lanka's most popular beach towns. Each room features a private balcony where you can take in the ocean views.

Amenities: soap, shampoo, hairdryer, air conditioning, WiFi



Trip Itinerary



Day 10

Depart Sri Lanka or Continue to Maldives

Depart from Sri Lanka today between 8 am and 12 pm today, or continue on to the beautiful Maldives on our recommended 3 day stay which includes balancing relaxation, adventure, and exceptional culinary experiences at an all inclusive stay.

What's Included

What's Included

- Accommodations as per itinerary based on double occupancy
- All meals as listed in the itinerary
- Guided sightseeing and activities as indicated in the itinerary
- English-speaking guide(s) throughout the trip
- One group transfer on arrival and departure
- All ground transportation
- All gratuities except for main and assistant guides and driver
- Domestic airfare (extension only)
- Welcome bottle of sparkling wine (extension only)
- Two complimentary bottles of wine replenished daily & two bottles of spirits added to the in-villa mini bar daily (extension only)
- Cooking class at Ambula restaurant (extension only)
- Cocktail making masterclass (extension only)
- Complimentary face scan (to be enjoyed within 48 hours of check-in) (extension only)
- Spa credits valued at USD 50 per person (extension only)
- Two complimentary excursions (sunset cruise and night fishing) (extension only)
- One complimentary introductory dive in the lagoon (15-20 minutes) (extension only)
- Complimentary selection of non-motorized water sports (extension only)

Not Included

- International airfare to and from Sri Lanka
- Optional activities
- Meals not specified in the itinerary
- Alcoholic beverages (unless otherwise specified)
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Items of a personal nature
- Gratuities for main and assistant guides and driver (main trip only)
- All gratuities (extension only)

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

