



# Buddhist Itinerary

*06 Nights/07 Days*

No: 70, 02nd Floor, St Anthony's Rd, Lucky Plaza, Colombo 03, Sri Lanka.  
T: + 94 11 2574600 | [www.royalholidayssrilanka.com](http://www.royalholidayssrilanka.com)

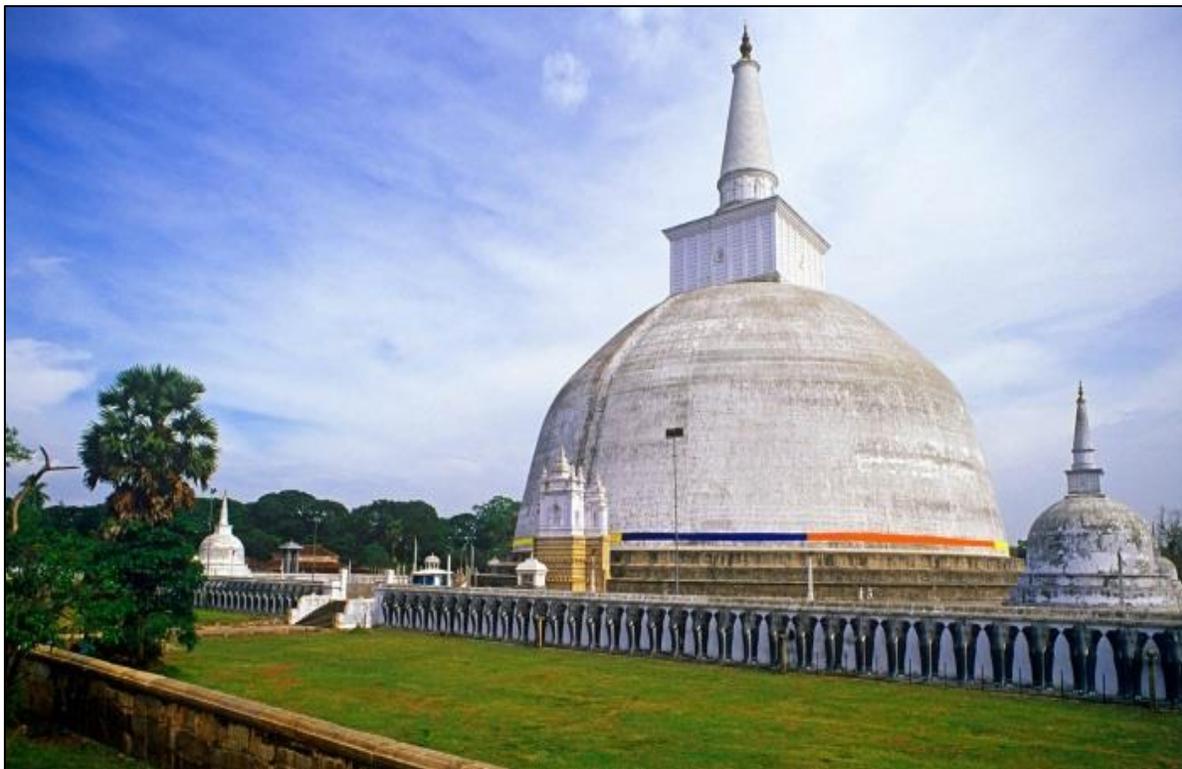
---

## **Day 01 –Airport - Anuradhapura**

Arrive to the airport and Transfer to Anuradhapura, enroute Breakfast and lunch at outside local restaurant, Visit ancient ruined city, and world heritage site. Including Mihintale, (Arrival should be in the morning to visit mentioned above)

Dinner and Overnight stay at the hotel - Anuradhapura

*Anuradhapura - is located in the north central part of the Island, it was the first capital and undoubtedly the grandest city of ancient Sri Lanka. It is the home of two world heritage sites. Many places of historical and archeological interest could be visited. Sri-Mahabodhi (sacred Bo-tree), brought as a sapling of the tree under which the Buddha attained enlightenment, it is over 2,200 years old and is the oldest historically documented tree in the world. Brazen palace (2nd cent. B.C.) the 1600 stone columns you see are all that is left of a magnificent multi-storied residence for monks. RuwanweliSeya (2nd cent. B.C). This is the most famous of all the Dagobas. It originally depicted the perfect "water-bubble" shape that modern restoration has not been able to accurately reproduce. Samadhi Buddha (3rd cent. b.c.), one of the most famous statues, depicting the Buddha in a state of "Samadhi" or deep meditation. Isurumuniya rock temple (3rd cent. b.c.) Well known for its rock carving of "the lovers". Kuttam Pokuna - twin ponds (3rd cent. b.c.) used by the monks of old as a bathing pool. Thuparama Dagoba (3rd cent. b.c.), the oldest Dagoba in the island. It enshrines a relic of the Buddha.*



### *Mihintale - Birthplace of Buddhism in Sri Lanka*

*According to legend, it was at Mihintale – literally “Mahinda’s Hill” – that the Indian missionary Mahinda, met and converted King Devanampiyatissa in 247 BC, establishing Buddhism as the island’s state religion. Mahinda was the son of the great Mauryan emperor Asoka, sent by his father to bring word of the Buddha’s teachings to Sri Lanka. Buddhism was immediately embraced with fervor by the Sinhalese people and soon became firmly established in the island – unlike in India, its birthplace, where it would subsequently fall into terminal decline.*

*All over the world, high places are given religious significance, with the result that devotees are always climbing steps. Sometimes on their knees. Mihintale is one such place, its various shrines connected by a total of some 1,840 steps that ultimately lead to the summit – steep enough to require deep breaths and a meditative pace. They were built in the reign of Bhatika Abhaya (22 BC–AD 7), although a later paved road provides a short cut up to the first level.*



### **Day 02-Anuradhapura –Polonnaruwa - Dambulla**

Breakfast at the hotel, Proceed to visit ancient city of Polonnaruwa, Afterward Proceed visit Dambulla Cave temple

Lunch at outside Local restaurant

Dinner and Overnight stay at the hotel – Dambulla

*Polonnaruwa rose to fame as the capital after the decline of Anuradhapura. Its period of greatness was from the 10th - 12th centuries AD. The entire landscape of the region is punctuated by huge man-made reservoirs, veritable inland seas the most famous of which is the Prakrama Samudra or the Sea of Parakrama, larger in size than the Colombo harbor. The monuments of this medieval city are relatively well preserved and give clear evidence of the glory of Sri Lanka's past. See the Royal Palace complex, the Quadrangle with its concentration of ancient heritage and the spectacular Gal Vihare complex of four massive images of the Buddha, cut from a single slab of granite – a highlight of ancient Sri Lankan rock carving.*



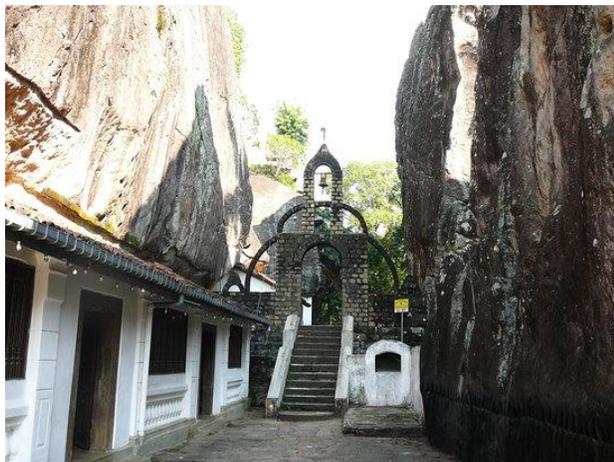
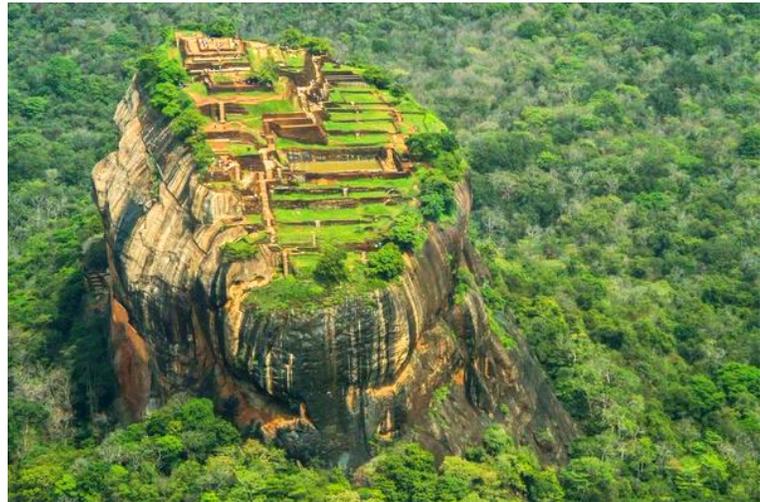


**Dambulla Rock Temple** - was built by king Walagambahu in the 1st century B.C. Dambulla is a world heritage site and is the most impressive of Sri Lanka's cave temples. The complex of five caves with over 2000 sq. meters of painted walls and ceilings is the largest area of paintings found in the world. The caves contain over 150 images of the Buddha of which the largest is the colossal figure of the Buddha carved out of rock and spanning 14 meters.

**Day 03-Dambulla-Mathale Aluviharaya - Kandy**

Breakfast at the hotel, transfer to Kandy, en route visit Sigiriya fortress, Spice garden and Mathale Aluviharaya. Lunch at outside local restaurant. Dinner and Overnight stay at the hotel – Kandy

**Sigiriya Rock Fortress** - which is a world heritage site, built by king Kashyapa (473 – 491 A.D). The "lion rock" is a citadel of unusual beauty rising 200 meters from the scrub jungle. The rock was the innermost stronghold of the 70 hectare fortified town. The base of the rock is ringed by a moat, rampart, and extensive gardens including the renowned water gardens. The world-renowned frescoes of the "heavenly maidens" of Sigiriya which are in a sheltered pocket of the rock approached by a spiral stairway is one of the main attractions. The frescoes are painted in earth pigments on plaster.



The Aloka Vihara became Aluvihara. Folklore has many meanings to the name Aluvihara. One is that the Pali word Aloka was Alu (light) in ancient Sinhala and as it was the abode of Theras, it was a Viharaya. Hence the two words have been coined to make it Aluvihara. Another view is that although there is a huge rock, east of the main rock cave, it has not cut off the light. Therefore it was known as the Aloka lena (cave with light). Surrounded by hills,

*the famous Aluvihara cave temple 30 km south of Kandy on the Matale-Dambulla road is of great historic importance. The history of Aluvihara is traced back to the 3rd Century B.C in the reign of King Devanampiyatissa. It is believed that the King built the dagoba and planted the Bo sapling.*

**Kandy** – a lovely exotic city, the Hill Capital and last stronghold of the Sinhala Kings is a UNESCO World Heritage Site which retains an aura of grandeur, time has not affected. Encircled by hills, with a tranquil lake in its centre, it is the site of the renowned temple that enshrines the Tooth Relic of the Buddha and the Royal Botanical gardens – home to one of the world’s best collections of Orchids. A cultural sanctuary where many legends, traditions and folklore are still lovingly kept alive, Kandy



and its satellite villages are the centre of the islands handicraft industry (items of wood, brass & silver) exquisite silver or gold jewellery and precious gems of many varieties including the world’s best blue and star sapphires. The highlight of the city’s calendar is the Esala Perahera, when a replica of the casket enclosing the Tooth is taken in procession for ten glittering nights in July/August by exotically costumed dancers, drummers and approximately 100 Elephants.

#### **Day 04-Kandy**

Breakfast at the hotel, proceed to do a city tour of Kandy including Temple of tooth relic, Royal Botanical garden, Wood carving and Kandy lake  
Lunch at outside local restaurant  
Late evening witness of the cultural show  
Dinner and overnight stay at the hotel – Kandy



### **Day 05-Kandy-Nuwara eliya**

Breakfast at the hotel, transfer to Nuwara eliya, en route visit Ramboda water fall, tea factory and tea plantation. Evening do a city tour of Nuwara eliya including Gregory lake and local Bazar

Lunch at outside local restaurant

Dinner and overnight stay at the hotel – Nuwara eliya

**Tea Plantation** - visit a tea plantation and a tea factory where one the best teas in the world is produced. You will be told all about the process of manufacturing tea and also see how tea is graded. Taste a cup of pure Ceylon tea in the factory.



**Nuwara Eliya** – Sri Lanka's premier hill resort with a fine bracing mountain climate, Nuwara Eliya is also the heart of Sri Lanka's tea country, producing some of the world's best tea. The mountain slopes and valleys are a carpet of velvety green tea plantations, interspersed with gushing streams and tumbling waterfalls. Red or green roofed plantation bungalows, English country style homes and hotels

with lovely flower gardens, a fine 18 hole golf course and a racecourse gives Nuwara Eliya a decidedly British character.

### **Day 06-Nuwara eliya-Galle-Bentota**

Breakfast at the hotel, Proceed to visit Galle fort, Afterward proceed to do a Madu river boat safari.

Lunch at outside Local restaurant.

Dinner and Overnight stay at the hotel-Bentota

**Galle** - was once the chief port of Ceylon as Sri Lanka was named by the British. It is still well known for hand-made lace, tortoise shell curios and ebony elephants. You can also visit the Galle fort (spanning 90 acres), which was originally built by the Portuguese and later extended by the Dutch in 1663. This is a world heritage site.



### **Day 07-Bentota-Colombo-Airport**

Breakfast at the hotel, proceed to Colombo and do a city tour of Colombo including to visit Gangaramaya temple and Kelaniya temple.

Afterward proceed to the airport for the departure

*Although reclaiming its 19th-century moniker 'the garden city of the East' is unlikely, Colombo is rapidly emerging as a must-see stop in Sri Lanka. No longer just the sprawling city you have to endure on your way to the southern beaches, it has become a worthy destination in its own right.*

*The legacies of colonial Colombo's garden roots are still very much intact along its often shady boulevards. Fort is in the midst of widespread historic*

*restoration of its landmark colonial architecture, while Pettah brims with markets and rampant commerce. Even traffic-clogged Galle Rd is getting spiffier with glossy new hotel complexes, while the seafront benefits from new roads that are spurring hotel construction.*

*Colombo's cosmopolitan side supports ever-more stylish eateries, galleries and museums. Surprises abound in its old*

*quarters where you can find great local food and discover a characterful shop or tiny, convivial cafe. The capital is an excellent start – or finish – to your Tour*



*.....End of the tour.....*