

An Escorted Journey Through Sri Lanka

SRI LANKA – A SPIRITUAL JOURNEY

Day	T 1	T2	Location	Featured Hotels	Daily Schedule
01	16/01	06/03	Depart UK		
02	17/01	07/03	Arrive Colombo To Pinnawela	Hotel Elephant Park	>Pick Up From Colombo Airport >Pinnawela Elephant Orphanage >The Millennium Elephant Orphanage
03	18/01	08/03	Dambulla	Kassapa Lions Rock	>The Idyllic Ridi Vihara Temple >The 2000 Year Old Arankele Monastery Including A Talk On Meditation By A Forest Monk
04	19/01	09/03	Dambulla	Kassapa Lions Rock	>The Magnificent Sigiriya Rock Fortress
05	20/01	10/03	Dambulla	Kassapa Lions Rock	>The Medieval Capital City Of Polonnaruwa
06	21/01	11/03	Kandy	The Kandy Samadhi Centre	>Golden Cave Temples At Dambulla >Temple Of The Buddha's Tooth
07	22/01	12/03	Kandy	The Kandy Samadhi Centre	>Spiritual Journey Workshop DAY 1
08	23/01	13/03	Kandy	The Kandy Samadhi Centre	>Spiritual Journey Workshop DAY 2
09	24/01	14/03	Beach	Hotel Shirim	>Peradeniya Gardens And Its Beautiful Orchid Houses >Drop Off At Beach Hotel
10	25/01	15/03	Beach	Hotel Shirim	
11	26/01	16/03	Beach	Hotel Shirim	
12	27/01	17/03	Beach	Hotel Shirim	
13	28/01	18/03	Beach	Hotel Shirim	
14	29/01	19/03	Depart Colombo Arrive UK		>Transfer to Colombo Airport



Reclining Buddha At Kandy



Sri Lankan Fruits And Spices

Day 02 – Pinnawela



Pinnawela Elephant Orphanage

Pinnawela Elephant Orphanage

Set in a pretty riverside location, this is home to about 70 **Elephants**- the largest group of orphaned **Elephants** in the world! Most have been found injured or abandoned in the wild. Baby calves, some only a few weeks old are fed by bottle and the whole herd is then bathed in the adjoining river. A tour highlight for many visitors to **Sri Lanka**.

Millennium Elephant Foundation

Located near to **Pinnawela**, this is a highly reputed charitable trust that is heavily involved in elephant conservation in **Sri Lanka**. Unlike the **Pinnawela Orphanage**, here you can wash and feed the elephants, or even take an elephant shower if you wish!



Bathing With Elephants At The Millennium Elephant Foundation



Day 03 – Dambulla



The Secluded Ridi Vihara

The Idyllic Ridi Vihara Temple

In a small village at **Ridigama** atop a hill, is perched the beautiful rural cave temple of **Ridi Vihara**. It is a place where **Sinhala, Buddhist, Tamil, Hindu** and **Christian** art abide together - a delightful treasure trove. The caves are divided into chambers and are opened up to visitors on request. One of **Sri Lanka's** hidden gems.

Arankele Buddhist Hermitage

Arankele is the site of an ancient forest monastery - the austere abode of a sect of recluse monks. The monks who dwelt here were called **Pansukulika**, which means 'rag-robles' and refers to a vow taken by these monks to wear only robes made from rags. They observed extreme austerity and they lived in caves and in monasteries in mountains and forests.

Arankele has a number of paved ambulatories some of which are believed to have been roofed. These paths rise in an easy gradient - sometimes a few steps at a time. These were paths that once were walked upon by the ancient arahats in deep meditation.



Ancient Meditation Paths At Arankele

Day 04 – Dambulla



Sigiriya Rock Fortress

Sigiriya Rock Fortress

The remarkable 'fortress in the sky'. A magnificent rock citadel with beautiful frescoes hidden in a natural cave dating from 470 A.D. The climb to the top from the huge stone **Lions Paws** is a dizzying experience with superb views over surrounding forests and distant hills. The newly excavated **Royal Pleasure Gardens** at the foot of the rock are some of the earliest from antiquity. Thought by many to be the **8th Wonder Of The Ancient World!**



The Famous Sigiriya Frescoes



View From Sigiriya

Day 05 – Dambulla**Gal Vihare Sculptures At Polonnaruwa****The Ancient City Of Polonnaruwa**

The capital of medieval **Sri Lanka** from 11th-14th Century contains ruins of stupas, temples and monasteries, which are still excellently preserved. The **Gal Vihare** with 3 huge rock-cut images of the **Buddha** is one of the world's great works of **Buddhist** sculpture.

**Aerial View Of Polonnaruwa****Moonstone At The Vatadage Complex**

Day 06 – Kandy



The Golden Cave Temple At Dambulla

The Golden Cave Temple At Dambulla

An extremely ancient series of 5 cave temples containing thousands of **Buddhist** images and paintings, which date back 2000 years. **Sri Lanka's** artistic masterpiece and a **UNESCO World Heritage Site** of prime importance.

Temple Of The Buddha's Tooth

Arrive in **Kandy**, the island's prettiest town and the last capital city of the **Sri Lankan** Kings. The best time to visit its world famous shrine, containing the revered tooth of the **Buddha** is the evening 'pooja' ceremony when the temple is illuminated with flickering lamps - a magical experience.

A beautiful view of **Kandy** can be seen from **Lake Drive** above the pretty **Kandy Lake**. You may also visit the **Old Town** area adjacent to the temple, which contains some very early **British** colonial and **Kandyan** period buildings in a narrow maze of streets. **UNESCO** has designated the whole area as a **World Heritage Site**.



Inside The Temple Of The Buddha's Tooth



Day 07 – Day 08 Kandy



Spiritual Journey Workshop At Kandy With Amanda Zayan

Tap into the wonderful healing energies of **Sri Lanka**. This is your opportunity to go deep within yourself, truly discover who you are, and do some healing on a deep level to restore your inner balance. We all want to be well, but modern living sometimes takes over and we forget about nurturing ourselves.

These 2 days are your time to learn to be “you” through a series of workshops. We will explore the inner energy system of the body (known as **Chakras**) and work to clear blockages to attain balance through guided exercises and meditation, learn about the benefits of life force energy (**Prana**) and the ancient system of hands-on healing that has been used by **Buddhist** monks since time began. Explore why colour and sound is so important to inner balance, and discover self-expression through **Mandalas**. Our journey will be shared not only on a personal level, but through pair and group work.

During evenings throughout the tour **Amanda** will also be offering evening guided meditations and shared yoga sun salutations (early morning).

Amanda Jayne Zayan is not only a **Spiritual Journey Guide**, but an Instructor of **Quantum Touch** and an **Advanced Level Reiki Master/Teacher** in the **Usui** tradition. For larger groups she will be joined by **Derek Ashley, Advanced Level Reiki Master/Teacher**.



Day 09 – Bentota**Peradeniya Gardens****Peradeniya Gardens And Orchid Houses**

One of the finest botanical gardens in the **East** including an **Orchid House** with 300 varieties. **Lord Mountbatten's South East Asia Command Headquarters** were located here during WW 2.

**Shops On The Kandy Road**

Day 10 – Day 13 Bentota**Fishermen On Bentota Beach****Bentota River, Lagoon And Beach**

A beautiful combination of a river estuary, lagoon and one of the best beaches in **Sri Lanka**. A fine place to relax for a few days at our featured retreat on the **Bentota Lagoon**.

**Reef Protected Beach At Bentota****Day 14 - Depart Sri Lanka**