CLASSICAL + YOGA + AYURVEDA
12DAYS/11NIGHTS

QUOTATION: PER PERSON SHARING DOUBLE / AU DOLLARS

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<th>2 PAX</th>
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SUPPLEMENT:
SINGLE SUPPLEMENT AUD 899 PER PERSON

PEAK SUPPLEMENT:

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<td>01-JUL TO 31-AUG-2020</td>
<td>AUD122 PER PERSON SHARING DOUBLE</td>
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<td>01-NOV TO 15-DEC-2019 &amp; 01-NOV TO 15-DEC-2020</td>
<td>AUD162 PER PERSON SHARING DOUBLE</td>
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<td>16 DEC 2019 TO 10 JAN 2020</td>
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Price: Per Person
Duration: 12 Days and 11 Nights
Guide: English Speaking Guide
Visits/Highlights:
- CAPITAL CITY OF COLOMBO
- DAMBULLA CAVE TEMPLE
- SIGIRIYA ROCK FORTRESS
- MINNERIYA NATIONAL PARK
- ORGANIC HERB & SPICE PLANTATION
- TEMPLE OF TOOTH RELIC
- TRADITIONAL CULTURAL SHOW
- TRAIN JOURNEY
- LITTLE ENGLAND/TEA
- PLANTATIONS/WATER FALLS
- YOGA SESSIONS/TREATMENTS
- MINI ADAMS PEAK
- GALLE WORLD HERITAGE SITE
- STILT FISHERMAN

Package Inclusions:
- 12 days/11 nights’ accommodation at the hotels specified
- Meals as specified on the itinerary
- Transportation in an A/C vehicle inclusive of English Speaking Guide
- All attractions/activities specified on the itinerary
• Free room upgrades (subject to availability)
• Free Wi-Fi access in the vehicle and hotels
• Bottled water during the tour

Exclusions:
- Airfare
- Any other meals not mentioned

Itinerary:

| ITINERARY: |
| --- | --- | --- | --- | --- | --- |
| Date | Destination | Attraction/Activities | Time | Accommodation | Meals |
| Day 01 | Airport-Colombo | Arrive to Sri Lanka, Transferred to hotel | 1 hrs | Jetwing Colombo Seven (Boutique) | -/-/ |
| Day 02 | Colombo-Dambulla | Tour of Colombo & Dambulla Cave Temple | 4 hrs | Jetwing Lake (5*) | B/-/- |
| Day 03 | Sigiriya-Minneriya | Sigiriya Rock Fortress & Minneriya National Park | | Jetwing Lake (5*) | B/-/- |
| Day 04 | Dambulla-Matale-Kandy | Travel, Matale Organic Herb & Spice Plantation, Temple of Tooth Relic & Cultural Dance | 3 hrs | Santani Resort & Spa (Luxury) | B/-/D |
| Day 05 | Kandy | Yoga, Walk & Treatments | | Santani Resort & Spa (Luxury) | B/L/D |
| Day 06 | Kandy-Nuwara Eliya-Ella | Yoga, Nuwara Eliya, Tea Plantations, Train Journey | 3-4 hrs | Jetwing Kaduruketha (Boutique) | B/L/- |
| Day 07 | Ella/Wallaway | Yoga/Hiking Adams Peak | | Jetwing Kaduruketha (Boutique) | B/-/- |
| Day 08 | Wallawaya | Yoga, Village Cycle Tour, Treatments | | Jetwing Kaduruketha (Boutique) | B/-/- |
| Day 09 | Wallawaya-Galle-Negombo | Travel, Galle World Heritage Site, Stilt Fisherman | 6 hrs | Jetwing Ayurveda Pavilions | B/-/D |
| Day 10 | Negombo | Treatment Package | | Jetwing Ayurveda Pavilions | B/L/D |
| Day 11 | Negombo | Treatment Package | | Jetwing Ayurveda Pavilions | B/L/D |
| Day 12 | Negombo-Airport | Depart to Airport | 0.5 hrs | | B/L/ |

**DAY 01:**

**AIRPORT – COLOMBO**

*INDIVIDUAL ACTIVITY* (X/X/X)

Meet and assist on arrival at Airport by Representative

Transfer from Airport to Colombo

Free & Easy

**Overnight Stay at Jetwing Colombo Seven**
**DAY 02: COLOMBO - DAMBULLA**

(B/X/X)

Breakfast at Hotel

Sightseeing of *Colombo* – Is the business and commercial center and the new capital is Sri Jayawardhanapura Kotte, only a few miles away from Colombo. Colombo was only a small seaport, which came into prominence in the 16th Century with the arrival of the Portuguese in 1505 and the development of it as a major Harbour took place during the British period. Colombo became the capital of Sri Lanka in 1815 after Kandyan Kingdom was ceded to the British. The remains of the buildings during the period of the Portuguese, Dutch and British rule are found in every area of the city. In Colombo visit the Shopping at **ODEL Unlimited & Noritake Show-Room & *Colombo City Center**, provides ample opportunity to indulge, not only in shopping for designer wear but for apparel for the whole family, also takes taste buds on a voyage of discovery.

Proceed to Dambulla. Visit **Dambulla Cave Temple** is a vast isolated rock mass 500ft high and a mile around the base. Here is found the famous Rock Temple dating to the First Century BC. The caves of Dambulla sheltered the King Walagamba during his 14 years of exile from Anuradhapura. When he regained the throne he built the most magnificent of Rock Temples to be found on the Island. In the first Cave is a recumbent image of the Buddha 47ft long cut out of the Rock. There are images of deities associated with Buddhism all around. The frescoes on the ceiling date back to the 15th - 18th Centuries. In the Second Cave, the finest and the largest of all, there are 150 life-size statues of Gods from the Buddhist religion along with numerous images of the Buddha himself. The ceiling is also covered with frescoes, which depict great events in the life of the Buddha and landmarks in the history of the Sinhala people.

Transfer to Hotel

**Dinner & Overnight Stay at Jetwing Lake, Dambulla**

**DAY 03: SIGIRIYA – MINNERIYA**

(B/X/X)

Breakfast at Hotel

Climb **Sigiriya Rock Fortress** - is home to the 5th Century “Fortress in the Sky” which is perhaps the most fantastic single wonder of the Island. It is also known as Lion Rock because of the huge lion that used to stand at the entrance to the fortress. Within its triple-moated defence the huge rock rises almost to a sheer height of 500ft. On its summit are the foundations of what was once a great and sumptuous palace and gardens complete with swimming pool. On one of the stairways the only known ancient work of Sinhala secular painting survived in the form of Frescoes of life sized damsels in all the freshness and delicacy of their original color. Sigiriya was never conquered by any of the invading forces that had such an effect on the Island of Sri Lanka. It was however ceded to the British during the colonial rule without force.

Later Jeep Safari at **Minneriya National Park** - This National Park with 8889 hectares in extent is famous for it large population of elephants in herds of 100 to 150 roaming in the jungle and seen in the catchment area of the lake. Entrance is at Ambagaswewa about 6 km from Habarana on the main Habarana Polonnaruwa road. Office is by the side of the
main road. Elephants, about 300 wild elephants, wild buffaloes, wild boar, spotted deer, sloth bear, Sambhur, leopards, crocodiles, jackals, 9 kinds of amphibians, 25 kinds of reptiles, 160 species of birds, 26 varieties of fishes, 78 varieties of butterflies are recorded from the Minneriya National Park.

Transfer back to Hotel
Dinner & Overnight Stay at Jetwing Lake, Dambulla

DAY 04: SIGIRIYA – MATALE - KANDY
(B/X/D)
Breakfast at Hotel.

Proceed to Kandy, En route stop at the Town of Matale where you visit an *Organic Herb and Spice Plantation. You will see Cinnamon, Cardamom, Pepper Creepers and all other spice trees. Enjoy an outdoor lunch at the Plantation overlooking the beautiful Gardens.

Caution when purchasing: Please be aware of the exorbitant prices quoted for herbal remedies, ointments, body cream products and other items made of spices etc. Use your discretion to buy or not to buy. Negotiate pricing before purchasing. Suggest convert to your local currency to see if the product is worth it or not.

City tour of *Kandy - including the Upper Lake Drive, Market Square Arts & Crafts Centre.
*Kandy - the hill capital. Venue of the annual Perahera. The last stronghold of the Sinhala Kings was finally ceded to the British in 1815. Kandy is an example of the Buddhism’s influence in Sri Lanka today. Temple’s shrines and monasteries keeping alive Buddhist traditions are everywhere.

Visit *Temple of the Sacred Tooth Relic - ever since 4th Century A.D, when the Buddha’s Tooth was brought to Sri Lanka hidden from sacrilegious hands in an Orissan princess' hair, the Relic has grown in repute and holiness in Sri Lanka and throughout the Buddhist world. It is considered Sri Lanka’s most prized possession.

Witness a Cultural Show featuring various dance groups of Sri Lanka

Transfer to Hotel
Dinner & Overnight Stay at Santani Luxury Wellness Resort & Spa, Kandy

DAY 05: KANDY
(B/L/D)
Breakfast at Hotel.

Early Morning attend *Yoga Sessions

Later the *River Walk, This downhill quick trek is the perfect way to start off the morning. A 30-45 minute walk will take you down to Hulu Ganga, bordering Santani. The gushing of the river over the rocks, is a complete immersion into the surrounding natural environment. The area also features a large variety of birdlife, and on a lucky day, you may spot one of the few resident fishing owls who are located near the river.
Free & Easy

Evening Enjoy a **60 Min Full Body Treatment.**

Lunch, Dinner & Overnight Stay at Santani Luxury Wellness Resort & Spa, Kandy

**DAY 06:** **KANDY – NUWARA ELIYA - ELLA/WELLAWAYA**

*(B/L/X)*

Breakfast at Hotel.

Early Morning attend **Yoga Sessions**

Packed Lunch, proceed to Nuwara Eliya. Sightseeing **Nuwara Eliya Tea Plantations & Factory** - The ‘Little England’ of Sri Lanka, is set against beautiful backdrops of Mountains, Valleys, Waterfalls and Tea Plantations. It is supposed to be one of the coolest places in the Island, but it is really just like an English spring day, although the temperature does drop at night. All around Nuwara Eliya you will see evidence of the British influence, houses like country cottages or Queen Ann style mansions. The Victoria Park, in the middle of the town, is a lovely place for a stroll or a picnic and is also good for Birding as you get some rare birds in this Park.

Thereafter transfer to Nanu Oya Railway Station at around 2:00 PM & board to the **Train** to Ella. (1st Class compartment – **Train tickets will be confirmed on availability basis and non-refundable. Failing in which can be arranged another value added component during the tour**).

Continue to Hotel

**Overnight Stay at Jetwing Kaduruketha**

**DAY 07:** **ELLA/WELLAWAYA**

*(B/X/X)*

Breakfast at Hotel.

Early Morning attend **Yoga Sessions**

Thereafter proceed to do a Hiking at Little Adams Peak.

**Mini Adams Peak**- is the closest and easiest hike in Ella. You will get to the entrance in about 15 min walk from Ella town. Otherwise you can take the bus towards Pansare or a tuk tuk. Some calls it Punchi Siri Pada, Small Adams Peak, and Little Adams Peak. It is 1141 m in height and from the entrance it takes up to 30-45 min for the hike. Views from the summit are incredible. 360 degrees panoramic views with clouds rolling in, is a treat to watch for any traveler. Hike itself is a worthy experience as you walk through lush green tea estates, talking to locals who are plucking and collecting tea leaves, working in the estate.

Evening return to the hotel & spend at leisure.

**Overnight Stay at Jetwing Kaduruketha**
DAY 08:  
ELLA/WELAWAYA  
(B/L/X)  
Breakfast at Hotel.

Early Morning attend *Yoga Sessions. Thereafter proceed to do a village ride by bicycle in Ella / Wellawaya.

*Village Cycle Tour (lunch and evening tea included in the package) Cycle through the paddy-fields and vegetable farms of Wellawaya and experience beautiful rural Sri Lanka. Enjoy lunch or tea at an authentic Sri Lankan home, accompanied with traditional sweetmeats.

Evening Enjoy a *60 Min Full Body Treatment.  
Overnight Stay at Jetwing Kaduruketha

DAY 09-12:  
WALLAWAYA – GALLE – NEGOMBO  
(B/X/D)  
Breakfast at Hotel.

Visit *Galle Fort, a UNESCO World Heritage Site, originally built by the Portuguese and then further developed by the Dutch and the British, covers nearly four sq kms, and is protected by 12 bastions and connecting ramparts. During the early 18th century the Old Dutch Gate was the entrance point to the Fort. Subsequently the British built the Main Gate which is still used today. Buildings of interest include the Dutch Reformed Church, All Saints Church, Amangalla Hotel (formerly the New Oriental Hotel), and the lighthouse and bell tower. The Dutch also developed what was then an innovative tide-based sewage-system within the Fort. A maze of narrow roads lined with small houses and shops with Dutch names still remain.

Proceed Koggala, *Stilt fishing. An old tradition around Sri Lanka, stilt fishing had disappeared after the devastating tsunami that hit the country and other parts of the Indian Ocean, but soon the people returned to their customs, and now you can spot them sitting on their uncomfortable stilts, hoping to catch something.  
Take the expressway to Negombo.  
Check-in to Jetwing Ayurveda Pavilion and Enjoy Treatments from Days 10-12.

Package:
1. Accommodation
2. Breakfast, Lunch & Dinner (All meals will be individually catered according to your body constitution and all meals will be Vegetarian/Vegan)
3. Daily 15min Consultation by Our Ayurveda Physicians
4. Daily 2.15 hrs Ayurveda Treatment in your own Villa or in Ayurveda Centre (All Treatments will be offered after doctors consultation)
5. Internal & External Medicines
6. Medical Report at the end of the program
7. Daily Yoga Sessions (1 Hour)
8. Pool Exercise Program 3 Times a week (Fixed Sessions)
9. Hotel garden visit to identify herbal trees (Once a week)
DAY 12: NEGOMBO - AIRPORT
(B/L/X)
Breakfast at Hotel,
Treatments as per schedule.
Transfer to the flights!

Remarks:
For inquiries and bookings, please contact us.

BOOKING TERMS & CONDITIONS
- Rates are subject to change anytime
- Rates are not valid during holidays and exhibitions
- Rate are valid until October 2020 only
- Rooms and other services are not guaranteed unless we send you final confirmation
- In case of unavailability, we will supply you with alternative options
- In case of change of rates, we will inform you before confirming your booking
- No Cancellations/Refunds/Changes to be made once the booking is fully paid
- Regardless of any circumstances, No-Show will result 100% cost of the booking. You will not receive any refunds/compensations whatsoever from us and also from the relevant supplier or the relevant third party agency. NO REFUND will be given after the commencement of the booking
- This package may involve considerable physical activity to walk
- Children must be accompanied by an adult at all times
- Tour may not operate under extreme weather conditions or heavy rain

BOOKING DETAILS
- Please select your preferred dates of travel so we can check availability and confirm to you.
- You will receive confirmation email once booking is paid.
- Please check your junk/trash/spam folder in the situation when you do not receive an email confirmation of your booking instantly from us.
- Live chat with us from Monday to Friday 10 am to 6 pm AEST or notify us via email to customerassist@unitedglobaltravels.com.

HOW TO JOIN
- Please show your email booking confirmation with your full name to join the tour.
- Your booking is only valid on the date and time specified in your email confirmation.