



Discover restorative tours that rejuvenate the mind, body, and soul amidst tranquil settings and natural beauty.

Here's a 3-day itinerary focusing on Buddhist places in Sri Lanka:

Day 1: Colombo to Kandy

- **Morning:**
 - Arrive at Bandaranaike International Airport, Colombo.
 - Transfer to Kandy (approximately 3-4 hours).
- **Afternoon:**
 - Visit the Temple of the Tooth Relic (Sri Dalada Maligawa), a UNESCO World Heritage site and one of the most sacred places in Sri Lanka.
 - Explore the Kandy Lake and its surroundings.
- **Evening:**
 - Witness a cultural show featuring traditional Sri Lankan dance and music.

Day 2: Kandy to Dambulla and Sigiriya

- **Morning:**
 - Visit Dambulla Cave Temple (Golden Temple of Dambulla), another UNESCO World Heritage site renowned for its cave paintings and statues.
- **Afternoon:**
 - Proceed to Sigiriya (approximately 1 hour).
 - Climb Sigiriya Rock Fortress (Lion Rock), an ancient rock fortress and palace with well-preserved frescoes and stunning views.
- **Evening:**
 - Return to Kandy or stay overnight near Sigiriya.

Day 3: Anuradhapura and Departure

- **Morning:**
 - Travel to Anuradhapura (approximately 2-3 hours).
 - Explore Anuradhapura Ancient City, a UNESCO World Heritage site and one of the oldest continuously inhabited cities in the world. Visit sacred Buddhist sites such as Ruwanwelisaya Dagoba, Sri Maha Bodhi, and Jetavanaramaya.
- **Afternoon:**
 - Depending on your flight time, return to Colombo (approximately 4-5 hours) or continue exploring Anuradhapura.

Additional Tips:

- **Clothing:** When visiting temples, ensure to wear respectful attire covering shoulders and knees.
- **Local Guides:** Consider hiring local guides at each site to enhance your understanding of the historical and religious significance.
- **Timing:** Start early in the morning to avoid crowds and make the most of your time at each site.

This itinerary provides a condensed yet enriching experience of Buddhist heritage sites in Sri Lanka, covering key locations such as Kandy, Dambulla, Sigiriya, and Anuradhapura. Enjoy your spiritual journey through these culturally significant places!