

Regenal Tours 07 days Buddhist

Here's a 7-day itinerary focusing on Buddhist places in Sri Lanka, including Kelaniya and Mahiyanganaya, while excluding Sigiriya and Nuwara Eliya:

Day 1: Arrival in Colombo

- **Morning:**
 - Arrive at Bandaranaike International Airport, Colombo.
 - Transfer to your hotel in Colombo.
- **Afternoon:**
 - Visit the Gangaramaya Temple and Seema Malaka.
 - Explore Independence Square and the National Museum.

Day 2: Colombo to Kelaniya and Kandy

- **Morning:**
 - Visit the Kelaniya Raja Maha Vihara, a significant Buddhist temple believed to have been visited by the Buddha during his third visit to Sri Lanka.
- **Afternoon:**
 - Depart for Kandy (approximately 3-4 hours).
 - Visit the Temple of the Tooth Relic (Sri Dalada Maligawa).
 - Explore Kandy Lake and its surroundings.

Day 3: Kandy to Dambulla and Polonnaruwa

- **Morning:**
 - Drive to Dambulla (approximately 2 hours).
 - Visit the Dambulla Cave Temple (Golden Temple of Dambulla).
- **Afternoon:**
 - Proceed to Polonnaruwa (approximately 1.5-2 hours).
 - Explore the Polonnaruwa Ancient City, including the Gal Vihara rock temple.
- **Evening:**

- Return to Kandy or stay overnight in Polonnaruwa.

Day 4: Polonnaruwa to Anuradhapura

- **Morning:**
 - Travel to Anuradhapura (approximately 2-3 hours).
 - Visit Anuradhapura Ancient City, exploring sacred sites such as Ruwanwelisaya Dagoba, Sri Maha Bodhi, and Jetavanaramaya.
- **Afternoon:**
 - Continue exploring Anuradhapura.
- **Evening:**
 - Overnight stay in Anuradhapura.

Day 5: Anuradhapura to Mihintale

- **Morning:**
 - Visit Mihintale, the cradle of Buddhism in Sri Lanka, where Arahat Mahinda introduced Buddhism to King Devanampiyatissa.
- **Afternoon:**
 - Explore the ruins and climb the Mihintale rock.
- **Evening:**
 - Return to Anuradhapura for an overnight stay.

Day 6: Anuradhapura to Mahiyanganaya

- **Morning:**
 - Travel to Mahiyanganaya (approximately 4-5 hours).
- **Afternoon:**
 - Visit the Mahiyangana Raja Maha Vihara, an ancient Buddhist temple believed to have been visited by the Buddha.
- **Evening:**
 - Explore the surroundings of Mahiyanganaya and return to Kandy for an overnight stay.

Day 7: Kandy to Colombo

- **Morning:**
 - Optional visit to the Peradeniya Royal Botanical Gardens.
 - Drive back to Colombo (approximately 3-4 hours).
- **Afternoon:**
 - Explore more of Colombo or relax before your departure.

Additional Tips:

- **Guides and Tours:** Hiring local guides at each site can provide deeper insights into the history and significance of the Buddhist sites.
- **Clothing:** Ensure respectful attire covering shoulders and knees when visiting temples.
- **Flexibility:** Adjust the itinerary based on your interests and pace.

This 7-day itinerary offers a comprehensive journey through Sri Lanka's Buddhist heritage, including key sites in Colombo, Kelaniya, Kandy, Dambulla, Polonnaruwa, Anuradhapura, Mihintale, and Mahiyanganaya. Enjoy your spiritual exploration of Sri Lanka