

5-Day Sri Lanka Tour: History & Natural Beauty

Day 1: Explore Anuradhapura – The Ancient Capital

Start your journey in the historical city of **Anuradhapura**, a UNESCO World Heritage Site, known for its ancient Buddhist monuments and ruins.

1. Sri Maha Bodhi

- Visit the sacred Bodhi tree, a descendant of the tree under which the Buddha attained enlightenment.
- Duration: 1 hour.

2. Ruwanwelisaya Stupa

- Admire this magnificent stupa, one of the most significant and largest in Sri Lanka.
- Duration: 1 hour.

3. Jetavanaramaya and Abhayagiri Stupas

- Explore these iconic stupas, showcasing the grandeur of ancient Sri Lankan architecture.
- Duration: 1.5 hours.

4. Isurumuniya Vihara

- Visit this temple famous for its stone carvings, including the "Lovers" sculpture.
- Duration: 45 minutes.

Evening:

- Enjoy a peaceful walk around **Tissa Wewa Lake** before relaxing at your hotel.

Overnight in Anuradhapura.

Day 2: Polonnaruwa – The Medieval Capital

Travel to **Polonnaruwa**, another UNESCO World Heritage Site and a treasure trove of well-preserved ancient ruins.

1. Gal Vihara

- Marvel at the rock-cut Buddha statues, showcasing masterful craftsmanship.
- Duration: 1 hour.

2. Royal Palace Complex

- Explore the remains of the royal palace and council chambers.

- Duration: 1 hour.

3. **Vatadage**

- Visit this circular relic house, one of Polonnaruwa's most iconic structures.
- Duration: 30 minutes.

4. **Parakrama Samudraya**

- End the day by visiting this ancient reservoir and enjoying its serene surroundings.
- Duration: 45 minutes.

Overnight in Polonnaruwa.

Day 3: Sigiriya & Dambulla – Nature and Heritage

1. **Sigiriya Rock Fortress**

- Climb this iconic "Lion Rock" to see the ruins of King Kashyapa's palace, ancient frescoes, and stunning views.
- Duration: 2–3 hours.

2. **Dambulla Cave Temple**

- Explore this UNESCO World Heritage Site, famous for its intricate murals and statues of Buddha.
- Duration: 1.5 hours.

Evening:

- Relax at your hotel amidst the natural beauty of the Dambulla area.

Overnight in Dambulla/Sigiriya.

Day 4: Kandy – Sacred City and Scenic Beauty

1. **Temple of the Sacred Tooth Relic (Sri Dalada Maligawa)**

- Visit this sacred temple, housing the relic of Buddha's tooth.
- Duration: 1.5 hours.

2. **Royal Botanical Gardens, Peradeniya**

- Stroll through the beautiful gardens featuring diverse plant species and orchids.
- Duration: 2 hours.

3. Kandy Lake and City Walk

- Take a walk around the scenic lake and explore the local markets.
- Duration: 1 hour.

Evening:

- Enjoy a **traditional Kandyan dance performance**.

Overnight in Kandy.

Day 5: Nuwara Eliya – The Little England

1. Tea Plantations and Tea Factory Tour

- Visit a tea estate to learn about tea production and enjoy a tasting session.
- Duration: 1.5 hours.

2. Lake Gregory

- Take a relaxing walk or boat ride around this picturesque lake.
- Duration: 1 hour.

3. Hakgala Botanical Garden (Optional)

- Explore this beautifully landscaped garden featuring a variety of plants.
- Duration: 1.5 hours.

Evening:

- Stroll around the town of Nuwara Eliya, admiring its colonial architecture.

Back to Colombo.

Tour Highlights Recap

- **History:** Explore ancient capitals (Anuradhapura, Polonnaruwa) and sacred sites (Sigiriya, Dambulla, Kandy).
- **Nature:** Admire the natural beauty of Sigiriya, Kandy, and Nuwara Eliya