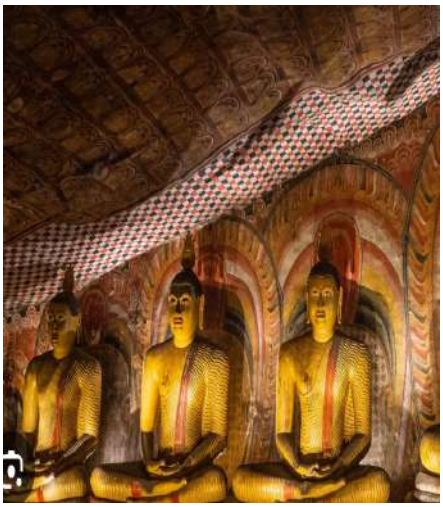
Exotic Global Holidays







EXOTIC GLOBAL HOLIDAYS · DESTINATION MANAGEMENT COMPANY · SRI LANKA

Essentials of Sri Lanka

Eight days across one island — the cave temples and rock fortress of the Cultural Triangle, gathering elephant herds in the wild, mist and tea gardens in the highlands, the hill capital of Kandy, and a slow finish on the palm-fringed southern coast.

02 · THE ROUTE

Your journey at a glance

EXOTIC GLOBAL HOLIDAYS · DESTINATION MANAGEMENT COMPANY · SRI LANKA

SRI LANKA

7-Day Journey

CULTURE · HILL COUNTRY · SOUTH COAST

	ROUTE	OVERNIGHT	NTS
01	Arrival — Negombo	Negombo	1
02	Negombo — Dambulla	Dambulla	1
03	Dambulla — Kandy	Kandy	1
04	Kandy — Nuwara Eliya	Nuwara Eliya	1
05	Nuwara Eliya — South Coast	South Coast	2
06	South Coast (Leisure)	South Coast	↳
07	South Coast — Colombo — Departure	Departure	—

JOURNEY NOTES

- **Dambulla Cave Temple** en route north
- **Kandy** — Temple of the Sacred Tooth Relic
- **Nuwara Eliya** — tea country hill station
- South-coast beach stay to close the trip

MAP KEY

- ROAD TRANSFER
- EXCURSION / DAY TRIP
- FLIGHT ARRIVAL & DEPARTURE
- SIGHT / PHOTO STOP



A well-paced week — ancient cities, misty highlands and the southern shore.

NEGOMBO · DAMBULLA · KANDY · NUWARA ELIYA · SOUTH

01 · WELCOME

Ayubowan

Thank you for choosing Exotic Global Holidays to shape your Sri Lankan journey. As the island's premier destination management company, we build authentic, unhurried travel around the people who take it — your interests, your pace, your comfort and your budget.

Eight days are given to Sri Lanka's history, wildlife and landscapes. You begin on the coast at Negombo, then head north into the Cultural Triangle for the cave temples of Dambulla, the climb to Sigiriya Rock Fortress and the gathering elephant herds at Minneriya. Beyond that: drums and dancers at a Kandyan cultural performance, mist and tea gardens above Nuwara Eliya, the ramparts of Galle Fort, and a slow finish on the palm-fringed southern coast before Colombo and home.

On the pages that follow you will find the journey day by day — sights, suggested timings, our insider tips, accommodation and everything included. Optional add-ons are marked and guidance given throughout, but the rhythm of each day remains yours to set.

We look forward to welcoming you to the island. Until then, may you travel safely and with great anticipation.

03 · DAY BY DAY

The journey, day by day

DAY	ROUTE	OVERNIGHT	NIGHTS
01	Airport — Negombo	Negombo	1
02	Negombo — Dambulla — Sigiriya	Dambulla / Sigiriya	1
03	Dambulla — Kandy	Kandy	1
04	Kandy — Nuwara Eliya	Nuwara Eliya	1
05	Nuwara Eliya — South Coast	South Coast	2
06	South Coast	South Coast	↳
07	South Coast — Colombo	Colombo	1
08	Colombo — Airport	Departure	—

DAY 01 · ARRIVAL — NEGOMBO

Ayubowan! On arrival at Bandaranaike International Airport, you are met by your Exotic Global Holidays chauffeur-guide and assisted with a smooth transfer to your hotel in nearby Negombo — just fifteen minutes away. Check in and spend the rest of the day at leisure. In the evening, stroll the beach road or the old Dutch canal and settle in for a first Sri Lankan seafood dinner.



TRAVEL TIP NEGOMBO IS AN EASY SOFT LANDING AFTER A LONG FLIGHT — THE AIRPORT IS BARELY FIFTEEN MINUTES AWAY, SO THERE IS NO RUSH. PICK UP A LOCAL SIM CARD AND CHANGE A SMALL AMOUNT OF CURRENCY AT THE AIRPORT FOR TIPS AND TUK-TUK FARES.

⌂ Overnight: Negombo

DAY 02 · NEGOMBO — DAMBULLA — MINNERIYA



After breakfast, check out and drive north into the dry-zone plains of the Cultural Triangle. At Dambulla, a stairway climbs a granite outcrop to the Royal Rock Temple, five linked caves holding more than 150 Buddha images beneath ceilings painted to follow every contour of the living rock — a place of worship without a break for more than two thousand years. In the afternoon, a jeep safari into Minneriya National Park, where herds drawn to the receding reservoir make up what is known as The Gathering, one of the largest concentrations of wild Asian elephants anywhere.

TRAVEL TIP DAMBULLA'S STEPS ARE OPEN STONE AND FIERCELY HOT BY MIDDAY — GO EARLY OR LATE, AND CARRY SOCKS, AS SHOES COME OFF AT THE TOP. DEPENDING ON WATER LEVELS, YOUR GUIDE MAY SWITCH THE SAFARI TO NEIGHBOURING KAUDULLA OR ECO PARK; TRUST THE CALL, AS THE ELEPHANTS MOVE BETWEEN ALL THREE.

⌂ Overnight: Dambulla / Sigiriya

DAY 03 · DAMBULLA — SIGIRIYA — KANDY



An early climb up Sigiriya Rock Fortress, the fifth-century citadel King Kasyapa raised on a 200-metre column of rock — water gardens and boulder gardens at the base, the mirror wall and the celebrated frescoes of the Sigiriya maidens halfway up, and the palace foundations on the summit with the plains laid out in every direction. Afterwards, drive south into the hills, pausing at a Matale-area spice garden where cinnamon, cardamom, pepper and vanilla grow within a few paces of each other, and arrive in Kandy, the last capital of the Sinhalese kings, set around its lake. Time your visit to the Temple of the Sacred Tooth Relic for the evening pooja, when drummers and horn players lead the opening of the shrine, and round off the day with a Kandyan cultural performance of masked dancers and fire-walkers.

TRAVEL TIP START SIGIRIYA AT 7 AM — BY MID-MORNING THE 1,200 STEPS ARE HOT, CROWDED AND SLOW, AND THE METAL SPIRAL STAIR TO THE FRESCOES BECOMES A QUEUE. THE TEMPLE OF THE SACRED TOOTH RELIC ENFORCES ITS DRESS CODE STRICTLY: WHITE OR LIGHT CLOTHING, SHOULDERS AND KNEES COVERED, AND SHOES LEFT AT THE COUNTER.

⌂ Overnight: Kandy

DAY 04 · KANDY — NUWARA ELIYA

After breakfast, visit the Royal Botanical Gardens at Peradeniya — sixty hectares of avenue palms, an orchid house and a giant Javan fig held in a loop of the Mahaweli River — then climb south into hill country. The road is the attraction for much of the day: Ramboda Falls dropping in two tiers beside the highway, viewpoints over the Kothmale valley, and a working tea factory and plantation where you follow the leaf from plucking through withering, rolling and firing to the cup before tasting the grades. Arrive in Nuwara Eliya, the highland town the British built to feel like home, by late afternoon.

TRAVEL TIP FOR A HIGHLIGHT RATHER THAN A TRANSFER, ASK US TO PUT YOU ON THE HILL-COUNTRY TRAIN FROM KANDY UP TO NANU OYA AND HAVE YOUR VEHICLE MEET YOU AT THE STATION — RESERVED SEATS SELL OUT WEEKS AHEAD, SO TELL US EARLY. PACK A FLEECE IN YOUR DAY BAG: NUWARA ELIYA SITS ABOVE 1,800 METRES AND DROPS TO SINGLE DIGITS AFTER DARK.

⌂ Overnight: Nuwara Eliya

DAY 05 · NUWARA ELIYA — ELLA — SOUTH COAST

Leave the highlands this morning and wind down towards the coast, with time in Ella on the way — the photogenic stone span of the Nine Arch Bridge, the short and genuinely easy walk up Little Adam's Peak for a view straight down Ella Gap, and the cool spray of Ravana Falls beside the road. From Ella the road drops steadily out of the tea country to the plains and on to the south coast, where your beach hotel and a long stretch of palm-backed sand are waiting. The rest of the day is yours for the pool, the sea or nothing at all.

TRAVEL TIP IT IS A LONG AND SCENIC DRIVE DOWN TO THE COAST, SO MAKE AN EARLY START TO ARRIVE WITH DAYLIGHT TO SPARE. ELLA'S NINE ARCH BRIDGE IS AT ITS BEST WHEN A TRAIN CROSSES THE SPAN — ASK YOUR CHAUFFEUR-GUIDE FOR THE DAY'S TIMINGS BEFORE YOU SET OUT ON THE WALK.

⌂ Overnight: South coast beach hotel · night 1 of 2



NINE ARCH BRIDGE, ELLA

DAY 06 · SOUTH COAST (BEACH STAY)

A full day on the coast, shaped however you like it. Galle Fort is the obvious draw — a walled Dutch town of ramparts, coral-stone churches and shaded verandah cafes, best walked in the cooler light of early morning or late afternoon, finishing at the lighthouse as the sea turns gold. Closer to the hotel, a boat safari on the Madu River threads mangrove tunnels and tiny island hermitages, and the stilt fishermen of Koggala still perch above the surf at dawn and dusk. Between November and April, an early boat from Mirissa gives you a strong chance of blue whales and spinner dolphins.

TRAVEL TIP THE INDIAN OCEAN HERE HAS A REAL UNDERTOW — SWIM BETWEEN THE FLAGS WHERE LIFEGUARDS ARE POSTED, AND ASK YOUR CHAUFFEUR-GUIDE WHICH BEACH IS SAFEST ON THE DAY, AS IT CHANGES WITH THE MONSOON. WHALE-WATCHING BOATS LEAVE AROUND 6 AM AND SELL OUT IN SEASON, SO BOOK THE DAY BEFORE.

⌂ Overnight: South coast beach hotel · night 2 of 2



DAY 07 · SOUTH COAST — COLOMBO

A relaxed final morning by the sea, then check out and join the Southern Expressway north to Colombo, an easy run of about two hours. Settle into your hotel, then set out to explore the capital: the colonial arcades and clock tower of the Fort quarter, the crowded lanes of Pettah bazaar, the serene shrine rooms of Gangaramaya Temple beside Beira Lake, and the open sweep of Galle Face Green facing the Indian Ocean. The evening is yours for a last round of shopping for Ceylon tea and spices and a farewell dinner in the city.



TRAVEL TIP — COLOMBO COMES ALIVE AFTER DARK — GALLE FACE GREEN FILLS WITH FOOD STALLS AT SUNSET, AND THE WATERFRONT ROOFTOP BARS ARE THE PLACE FOR A FINAL SUNDOWNER. KEEP SMALL NOTES HANDY FOR TUK-TUKS, AND AGREE THE FARE OR ASK FOR THE METER BEFORE YOU SET OFF.

⌂ Overnight: Colombo

DAY 08 · COLOMBO — BANDARANAIKE INTERNATIONAL AIRPORT

Breakfast at leisure, and depending on your flight time perhaps a final walk along Galle Face Green or a last errand in the city. Your Exotic Global Holidays chauffeur-guide then transfers you to Bandaranaike International Airport, around an hour north of Colombo, in good time for your onward flight and with assistance at check-in. We hope you leave with a sense of the island rather than a checklist of it — and we would be glad to welcome you back.

TRAVEL TIP — ALLOW THREE HOURS BEFORE AN INTERNATIONAL DEPARTURE, AND ABOUT AN HOUR FOR THE DRIVE FROM COLOMBO TO THE AIRPORT, A LITTLE MORE IN MORNING TRAFFIC. BUFFALO-CURD, CINNAMON AND ANY WOODEN OR ANTIQUE-LOOKING ITEM SHOULD BE DECLARED OR CHECKED BEFORE YOU PACK IT; EXPORT OF GENUINE ANTIQUITIES IS PROHIBITED.

⌂ Overnight: — Departure

14 · ACCOMMODATION

Where you will stay

The hotels below are offered at two comfort levels for the same itinerary. Please confirm which category you would like us to quote.

DESTINATION	NTS	4-STAR OPTION	5-STAR OPTION
Negombo	1	Goldi Sands Hotel	Jetwing Blue
Dambulla / Sigiriya	1	Habarana Village by Cinnamon	Cinnamon Lodge Habarana
Kandy	1	Cinnamon Citadel Kandy	Earl's Regency
Nuwara Eliya	1	Araliya Green Hills	Araliya Green City
South Coast (Beach)	2	Turyaa Kalutara	Cinnamon Bey Beruwala
Colombo	1	Radisson Hotel Colombo	Cinnamon Lakeside Colombo

The itinerary comprises 7 nights and 8 days. All hotels are subject to availability at the time of confirmation; should a listed property be unavailable, we will do our very best to secure a similar alternative of the same category at the same cost; where that is not possible, an alternative will be offered with any supplement advised to you in advance. See The Fine Print for full hotel terms.

15 · PRICING & TERMS

Pricing & terms

Please contact us for pricing and terms and conditions.

READY WHEN YOU ARE

Ayubowan — and safe travels

Tell us what you would like changed and we will rework the journey around it. Nothing here is fixed until you say so.