

SRI LANKA 2025



# SERENDIPITY

A MYSTIC MILE

# THE INTRODUCTION

This coming March of 2025, embark on a 2-week transformational odyssey to experience the sacred, ancient and natural wonders of the beautiful island of Sri Lanka. Beginning on February 28th and ending on March 14th, this will be a deeply meaningful, inner-and-outer journey unravelling over 14 days like a wondrous story of discovery where, in a meditative spirit, we explore a well-paced, carefully curated progression of sites, diverse in spiritual, historical, cultural and natural significance.

Sri Lanka, like so many other beautiful, rich, and culturally diverse places on the planet, was originally populated by indigenous peoples, dating back possibly as far as the stone age. Through the thousands of years since, as people from other cultures were attracted to its shores, it has seen its share of human conflicts in the name of different ideologies, beliefs and traditions. Although at peace today, this land has been a backdrop for expressions of human intolerance and an unwillingness to accept, peacefully, the 'otherness' of different cultures or belief systems.

Therefore this odyssey (a word which defines an eventful and adventurous journey), is intended to not only enjoy and experience the unique diversity of the land and people, but to also explore healing divisions and intolerances within ourselves. A journey where we are each invited to be present to our own diversities and spiritual unfolding, as we open to the wonders that travel of this type can offer. Including regular time for meditation, body work and/or personal exploration, this is intentional travel as a means of changing lives in potent and positive ways for all involved - both foreigner and national, traveller and host.

Join me on this journey of discovery, alchemy and transformation!

A handwritten signature in a cursive script, reading "Susan", with a horizontal line underneath it.

# THE JOURNEY





Negombo



Anuradhapura



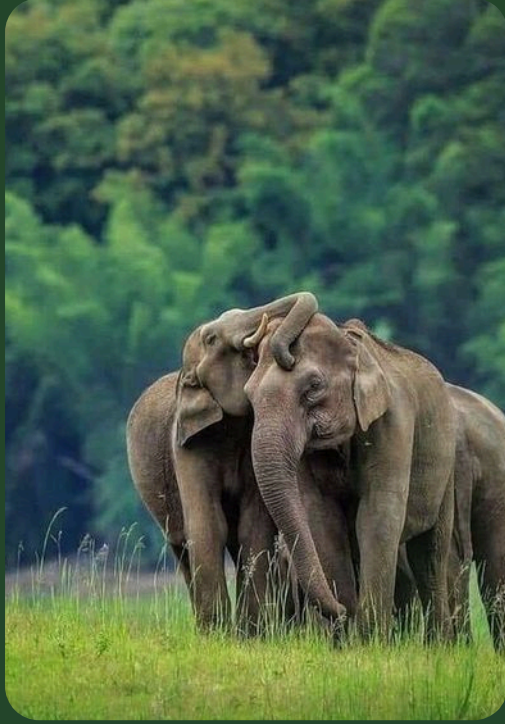
Sigiriya



Dambulla



Ritigala



Minneriya



Polonnaruwa

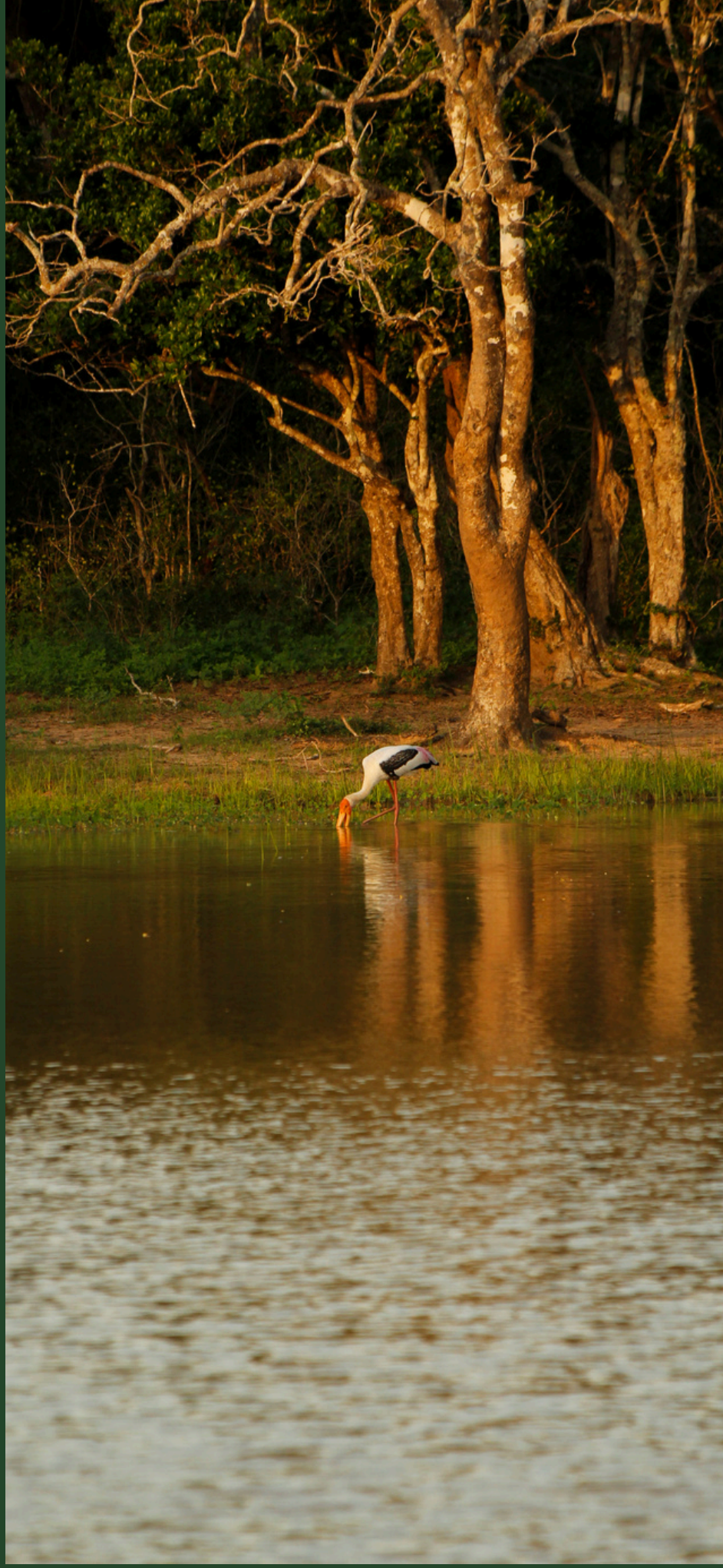


Knuckles

# THE PLACES

28.02.2025 - 13.03.2025

# THE ITINERARY



28th Feb

# DAY 1 B.I.A | NEGOMBO

- Arrive at Bandaranaike International Airport (BIA) - met by your guide
- Transfer to Negombo (drive time ~35 minutes)
- 5.00pm ● Orientation by the lagoon
- 6.00pm ● Enjoy the sunset on the Negombo beach
- 7.30pm ● Dinner in-house

Overnight in [Villa Hundira](#), standard room, H/B  
Meal : [Dinner](#)

1st March

# DAY 2 NEGOMBO

- 7.15am ● Meditation session
- 8.15am ● Tai chi/yoga
- 9.00am ● Breakfast in-house
- 10.00am ● Explore Negombo (optional)
- Noon ● Lunch (payment direct)
- 4.30pm ● Discussion on meditation with Susan in villa
- 5.30pm ● Meditation session \* on the beach/lagoon
- 7.30pm ● Dinner in-house

*\* The exact nature of the session will be decided by Susan based on your interests and preferences*

Overnight in Villa Hundira, standard room, H/B  
Meals : [Breakfast](#), [Dinner](#)



Villa Hundira



Negombo beach



Negombo lagoon

2nd March

## DAY 3 NEGOMBO ANURADHAPURA

- 7.15am ● Early morning meditation by the lagoon
- 8.30am ● Breakfast in-house
- Post-breakfast departure to Anuradhapura (drive time ~4h 50min)
- Lunch en route in Anuradhapura at a restaurant serving regional specialties (payment direct)
- Continue journey to overnight villa in Anuradhapura
- 5.30pm ● Meditation session in villa
- 7.30pm ● Dinner in-house

Overnight in [Ula Ulagulla](#), standard room (Pool Villa), H/B  
Meals : [Breakfast](#), [Dinner](#)

3rd March

## DAY 4 ANURADHAPURA

- 6.00am ● Early morning tea/coffee
- 7.45am ● Sakman Bhawana (walking meditation) conducted during guided village walk
- Traditional sweet meats at the village. Experience local delicacies, engage with villagers, and gain insight into their daily lives and customs
- 9.30am ● Return to villa for breakfast in-house
- 11.00am ● Leave for the ancient city of Anuradhapura
- Lunch en route at [The Lakeside Hotel at Nuwarawewa](#), (payment direct)
- Spend the afternoon exploring historical sites of Anuradhapura
- 6.00pm ● Head to Jethawanaramaya Stupa to for a one hour meditation session
- 7.30pm ● Return to villa
- 8.30pm ● Dinner in-house

Overnight in Ula Ulagulla, standard room (Pool Villa), H/B  
Meals : [Breakfast](#), [Dinner](#)



Jethawanaramaya Stupa  
Click [here](#) for a video



Ulagulla Pool Villa



Isurumuniya Viharaya  
Click [here](#) for a video

4th March  
**DAY 5** SANURADHAPURA |  
HABARANA

- 7.30am • Breakfast in-house
- 8.15am • Leave for Habarana (drive time ~1h 30min)
- Stop en route at the ancient monastery of Ritigala. If you so wish, spend an hour in peaceful meditation, surrounded by the tranquil and mystical atmosphere of Ritigala.
- Continue to hotel in Habarana
- 4.30pm • Tai chi/yoga (optional)
- 5.30pm • Meditation and discussion with Susan

Overnight in [The Other Corner](#), standard room (chalet), H/B  
Meals offered : [Breakfast](#), [Dinner](#)

5th March  
**DAY 6** HABARANA |  
SIGIRIYA | DAMBULLA

- 6.15am • Leave for the Sigiriya Rock Fortress after early tea/coffee
- 7.00am • Begin your ascent; breakfast packs to be had on the climb
- Descend Sigiriya (overall excursion time ~3 hours)
- Continue journey to Dambulla Cave Temples
- After exploring the Dambulla Cave Temples, return to overnight hotel
- Lunch (payment direct)
- 5.30pm • Short meditation session at hotel
- 7.30pm • Dinner in-house

Overnight in The Other Corner, standard room (chalet), H/B  
Meals : [Breakfast](#), [Dinner](#)



Sigiriya Rock Fortress  
Click [here](#) for a video



Path to Ritigala Monastery  
Click [here](#) for a video



Dambulla Cave Temple  
Click [here](#) for a video



6th March  
**DAY 7**  
**HABARANA**

- 6.00am • Early morning tea/coffee
- 6.30am • Travel to nearby temple. Together with locals, prepare offerings (alms) for monks. The locals will also assist you in preparing a traditional Sri Lankan meal for yourself
- Offer alms to and receive blessings from the monks
- Enjoy the meal you prepared, followed by a meditation session at the temple
- 9.30am • Return to hotel for late breakfast
- 1.00pm • Lunch in-house (payment direct)
- 5.30pm • Meditation and discussion with Susan, followed by optional tai chi/yoga
- 7.30pm • Dinner in-house

Overnight in The Other Corner, standard room (chalet), H/B  
Meals : [Breakfast](#), [Dinner](#)

7th March  
**DAY 8**  
**HABARANA | POLONNARUWA**  
**MINNERIYA**

- 8.00am • Breakfast in-house
- Drive to the historic city of Polonnaruwa (drive time ~1h 30min)
- Safari in Minneriya National Wildlife Park (excursion time ~2-2.5h)
- Continue to Polonnaruwa
- 1.00pm • Lunch at the [Giritale Hotel](#) (payment direct)
- Continue to overnight stay
- 5.30pm • Meditation
- 7.30pm • Dinner in-house

Overnight in [EKHO Lake House](#), standard room, H/B  
Meals : [Breakfast](#), [Dinner](#)



EKHO Lake House



Minneriya National Park  
Click [here](#) for a video



The Other Corner

8th March  
**DAY 9**  
**POLONNARUWA**

- 6.45am • Breakfast in-house
- 8.00am • Begin exploration of the ancient city of Polonnaruwa
- 1.00pm • Lunch (payment direct)
- Continue with exploration, ending with a visit to the craft centre
- 5.30pm • Meditation at hotel
- 7.30pm • Dinner in-house

Overnight in EKHO Lake House, standard room, H/B  
Meals : [Breakfast](#), [Dinner](#)

9th March  
**DAY 10**  
**POLONNARUWA | KNUCKLES**

- 8.00am • Breakfast in-house
- 9.00am • Leave for Knuckles Mountain Range (drive time ~4h 15min)
- 1.00pm • Lunch en route in Mahiyanganaya (payment direct)
- Continue to hotel
- 5.30pm • Meditation session
- 7.30pm • Dinner in-house

Overnight in [Welikande Estate Yoga Retreat](#), standard room, F/B  
Meals : [Breakfast](#), [Lunch](#), [Dinner](#)



Polonnaruwa Vatadage  
Click [here](#) for a video



18 Bend Road



Polonnaruwa Gal Viharaya

10th March  
**DAY 11**  
**KNUCKLES**

- 7.00am Morning meditation session followed by yoga/tai chi
- 8.30am Breakfast in-house
- 9.00pm Join an excursion of your choice \*
- 1.00pm Lunch in-house
- 5.30pm Evening meditation/discussion with Susan
- 7.30pm Dinner in-house

*\*The yoga sessions and other excursions must be booked directly with the Resort. The supplementary cost for yoga and other nature excursions are stated in the rate sheet*

Overnight in Welikande Estate Yoga Retreat, standard room, F/B  
Meals : **Breakfast, Lunch, Dinner**

11th March  
**DAY 12**  
**KNUCKLES**

- 7.00am Morning meditation session followed by yoga/tai chi
- 8.30am Breakfast in-house
- 9.00am Join an excursion of your choice \*
- 1.00pm Lunch in-house
- 5.30pm Evening meditation/discussion with Susan
- 7.30pm Dinner in-house

*\*The yoga sessions and other excursions must be booked directly with the Resort. The supplementary cost for yoga and other nature excursions are stated in the rate sheet*

Overnight in Welikande Estate Yoga Retreat, standard room, F/B  
Meals : **Breakfast, Lunch, Dinner**



Knuckles Mountain Range



Welikande Estate



Knuckles hiking trail

12th March  
**DAY 13**  
KNUCKLES | COLOMBO

- 7.00am Morning meditation and yoga/tai chi
- 8.30am Breakfast in-house
- Depart for Colombo (drive time ~5 hours)
- 1.00pm Lunch en route (payment direct)
- Continue to overnight hotel
- 5.30pm Optional : take a stroll along the Bera Lake to [Gangaramaya Temple](#)
- 7.30pm Dinner in-house

Overnight in [Nyne Hotels Lake Lodge](#), standard room, H/B  
Meals : [Breakfast](#), [Dinner](#)

13th March  
**DAY 14**  
COLOMBO | B.I.A

- Breakfast in-house
- Transfer to the airport (~45 minutes)

*Optional : take a guided city tour of Colombo if the flight departs in the evening. This will be arranged upon confirmation of flight details.*

No hotel accommodation  
Meals : [Breakfast](#)



Nyne Hotels Lake Lodge



Gangaramaya Temple



Colombo City



### Room arrangements

Double room in all hotels on half board (H/B) basis except Welikande Retreat on full board (F/B) basis.

*Please note that the hotels included in the program/itinerary are strictly subject to availability at the time of booking confirmation. In the event of non-availability, alternative hotels will be proposed.*

### Transport arrangements

Air-conditioned mini coach throughout the tour from Day 1 to Day 14, including airport pick-up and drop-off. Accompanied throughout by English-speaking National Guide.

*Please refer Guide Notes outlined at the end for more details.*

Vehicle type/details	Max. no. of passengers	Baggage per passenger	Baggage size/dimensions
Mini coach	13	1 main luggage (trunk, suitcase, etc.)  and  1 hand luggage	Main luggage must not exceed : - 300cm (118 inches) in total dimensions - 30kg (66 lbs)  Hand luggage must not exceed : - 55 x 38 x 20 cm (22 x 15 x 8 inches) - 7 kg (15 lbs)



# HELPFUL TIPS

- Supplementary items such as meditation cushions and yoga mats are not included. You are advised to bring your own.
- Be well prepared for hikes and excursions by packing sunscreen, water bottles or flasks, and granola bars or trail mix.
- Appropriate attire must be worn when visiting temples and places of worship; ie. do not wear shorts or sleeveless tops, and make sure to have with you a shawl or a wrap.
- Footwear must be removed when entering temples. Socks are allowed.
- Hotel rooms are treated against mosquitos and are equipped with bug repellents. However, you are advised to carry a mosquito repellent.
- Valets, servers and pool staff may be tipped at your discretion.
- Vaccinations are often needed when traveling to foreign destinations. Please consult your health professional for appropriate advice. Some vaccinations may be conditions for entry. For more information, please see [here](#).
- You are advised to carry the medications you require as prescribed by your health professional, as some types of medication may not be available in Sri Lanka.
- Pharmacies will require a valid prescription from a medical doctor for meds to be issued.
- Travel insurance is recommended.
- Your coach driver and guide will be with you throughout the tour. If you wish to tip them, tips will be collected at the end of the tour.
- The guide has been instructed not to introduce vendors/activities outside the itinerary without consultation.
- Be very mindful of friendly approaches for donations and of any type of unwarranted attention.



Package type	Total cost per person (14 days)
Double room package	3,900 USD
Single room package	5,500 USD

**Cancellation Policy:**

Cancellation fees will not be charged if notified 65 days prior to travel date

**Payment Policy:**

Full payment required on or before 16th December 2024

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**Supplements at Welikande Estate yoga Retreat, Knuckles (payment direct)**

Per activity per person	45 USD
One yoga class per person	10 USD



### **Costs include**

- Accommodation at hotels included are on half board basis, commencing with dinner on Day 1 and ending with breakfast on Day 14, except for Welikande Estate which is on full board basis
- Transportation in air-conditioned mini coach throughout the tour from Day 1 to Day 14, as detailed above
- Services of an English-speaking National Guide who will be with you throughout your journey
- Meditation sessions with Susan
- Entrance fees for excursions listed above
- Village walk and snacks
- 2 x 500ml bottles of water per person daily
- Hotel service charges

### **Costs exclude**

- Additional costs related to Covid-19 travel guidelines & health protocols at the time of travel
- Yoga sessions or other nature excursions provided by the Welikande Estate Yoga Retreat
- Optional excursions (including the tour of Colombo)
- Tai chi or yoga sessions
- Use of vehicle during free time (additional mileage will be charged directly from client)
- Early check-in and late check-out charges
- Pre- & post-tour extensions
- Tips, gratuity & other incidental expenses
- Expenses of a personal nature such as laundry, IDD calls, mobile network charges
- Costs related to personal protective items such as face masks/shields, hand sanitizer
- Camera/video recording permits where applicable
- Air fare, travel insurance and visa fees





# NOTES

## **A note on guides**

You will be accompanied by a Licensed National Tourist Guide. The license is issued by the Sri Lanka Tourist Board to those who successfully complete an intensive course covering subjects such as history, wildlife, flora, religions, soft skills, management skills, communication skills etc.

## **A note on tipping**

Tipping is customary in Sri Lanka, and while it is completely at individual discretion, we can provide you with a list of recommended tipping rates if you wish.

## **Other important notes**

- All rates are calculated with 0% VAT. In the event of reintroduction of VAT, stated rates shall increase accordingly.
- Hotel star classifications are based on leading international OTAs' (Online Travel Agents) guidelines/recommendations.
- Escalation in fuel prices / significant currency fluctuation / new taxes / levies on hotels and transportation services or any hikes in entrance fees post 25.07.2024 shall be payable extra and shall be billed accordingly with reasonable prior notice.
- Optional excursions could be provided at extra charge.
- Transfer times stated do not include stops and may vary with changes in weather and road conditions.
- Bars, clubs or similar entertainment are not available during monthly "Poya" Days. As such, liquor will not be served in public areas of the hotels during this time.
- Rooms will be on availability, and in the event said hotels are fully booked due to any reason, similar hotels will be provided at nearest alternative location.
- The vehicle is not provided for any nightlife activities unless requested and reserved in advance at extra charge.
- Visits to wildlife parks at your risk. Safari vehicles available (non air-conditioned) are very basic with minimal insurance cover.
- Standard check-in & check-out times are 1400 hrs. - 1200 hrs. (this could vary in some properties).
- For a visa to Sri Lanka, please visit [www.eta.gov.lk](http://www.eta.gov.lk). Visa reference number and details mandatory on arrival at airport.



Ella



Kandy



Southern beaches



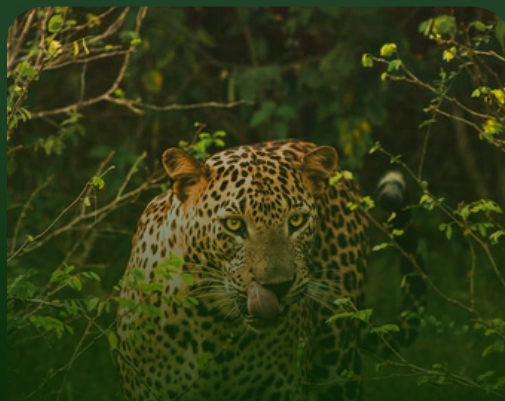
Yala



Gal Oya



Galle



After your travels through the fascinating Cultural Triangle and a part of its verdant Hill Country, you may wish to consider a bespoke extension to your stay to discover more wonderful and exciting parts of the island.

... so ...

From adventures in Yala or Gal Oya Wildlife Parks spotting elusive and majestic animals to enjoying exotic cocktails on the beaches of the south coast; to surfing; playing a round of golf at world-acclaimed courses; and biking your way across the lovely island... the options are endless! We can curate an itinerary that ensures you experience Sri Lanka in all its splendour.

**inavishd@gmail.com**

Contact Shivani to discuss extensions or to help you with any questions you may have