



## 6D5N SRI LANKA WONDERS (COLOMBO & SIGIRIYA & KANDY & NUWARA ELIYA & GALLE )

### DAY 1: Colombo - Negombo (Arrival)

Arrive in Sri Lanka you will be welcomed by a representative and handed over to your respective guide. Proceed and check in hotel to Negombo or Colombo or Marawila or Chilaw hotel.

到达斯里兰卡后，您将受到代表的欢迎，并移交给您各自的指南。继续并入住尼甘布或科伦坡或马拉维拉或奇洛酒店。

### Day 2: Negombo - Sigiriya

(Breakfast/L/D)

Breakfast serve at hotel, drive about 4.5 hours journey proceed to Sigiriya. First, visit to **Dambulla Cave Temple** first came to use as a refuge for King Valagambahu in 1st century BC. Concealed by the local monks upon returning from exile to his throne at Anuradhapura he had the magnificent cave temple built for them. The cave temple consists of a complex of Buddhist image houses. Its rock ceiling is one large sweep of colourful frescoes, some of which dates back to over 2,000 years, which depicts Buddhist mythology, and the tales of the Buddha's previous births. This cave temple has the largest number of Buddha statues all housed in one place, including a 14 meter long, colossal figure of the recumbent Buddha carved out of the rock. Lunch will be serve at local restaurant. Next, you may join the optional to enter **Sigiriya Rock Fortress** if time permitted (Entrance – USD 30 per person at travelers expenses). Sigiriya Rock Fortress is home to the 5th Century “Fortress in the Sky” which is perhaps the most fantastic single wonder of the Island. It is also known as Lion Rock because of the huge lion that used to stand at the entrance to the fortress. Within its triple- moated defence the huge rock rises almost to a sheer height of 500ft. On its summit are the foundations of what was once a great and sumptuous palace and gardens complete with swimming pool. On one of the stairways the only known ancient work of Sinhala secular painting survived in the form of Frescoes of life sized damsels in all the freshness and delicacy of their original colour. Tonight dinner and overnight stay at Sigiriya or Dambulla.

早餐在酒店提供，开车约4.5小时即可到达锡吉里亚。首先，参观丹布拉洞穴神庙最初是在公元前一世纪用作瓦拉甘巴胡国王的避难所。在流亡者返回阿努拉德普勒（Anuradhapura）王位后，当地僧侣掩盖了他为他们建造的宏伟的洞穴庙宇。洞穴寺院由佛像屋组成。它的岩石天花板是一排巨大的彩色壁画，其中一些可追溯到2000多年，描绘了佛教神话以及佛陀前世的故事。这座山洞寺院的佛像数量最多，都放置在一个地方，其中包括一个14米长的巨大雕像，是从岩石上雕刻出来的卧佛。午餐将在当地餐厅提供。接下来，如果时间允许，您可以加入可选项目，进入锡吉里耶岩石堡垒（门票-每人30美元，由旅行者支付）。锡吉里耶岩石堡垒（Sigiriya Rock Fortress）是5世纪“空中堡垒”的所在地，这也许是岛上最奇妙的单一奇观。它也被称为狮子岩，因为它曾经屹立在堡垒入口处。在其三重防御中，巨大的岩石几乎上升到500英尺的绝对高度。在它的山顶上是曾经宏伟而华丽的宫殿和花园以及游泳池的基础。在其中一

个楼梯上，僧伽罗（Sinhala）世俗绘画中唯一已知的古代作品以真人大小的少女壁画的形式幸存下来，保留了原始色彩的所有新鲜度和精致感。今晚晚餐，并在锡吉里亚或丹布拉过夜。

### Day 3 : Sigiriya - Kandy

(Breakfast/L/D)

Breakfast serve at hotel, drive about 2.5 hours journey proceed to Kandy. Upon arrival, visit to **Spice Garden in Mataleto** to see the different spices, which Sri Lanka is famous for. You will be introduced to different spices and shown how some of these spices are grown and processed. Kandy, including **Upper Lake Drive, Market Square, Arts & Crafts Centre, Gem Museum**. Kandy the hill capital, venue of the annual Perahera The last stronghold of the Sinhala Kings was finally ceded to the British in 1815. Kandy is an example of the Buddhism's influence in Sri Lanka today. Temple's shrines and monasteries keeping alive Buddhist traditions are everywhere. Next visit to **Temple of the Sacred Tooth Relic**, ever since 4th Century A.D, when the Buddha's Tooth was brought to Sri Lanka hidden from sacrilegious hands in an Orissan princess' hair, the Relic has grown in repute and holiness in Sri Lanka and throughout the Buddhist world. It is considered Sri Lanka's most prized possession. By the night experience a **colourful show** where you will be taken to mind blowing Sri Lankan culture extravaganza. Get ready for Heavy drumbeat and acrobatic act. Tonight dinner and overnight stay at Kandy.

早餐在酒店提供，开车约2.5小时即可到达康提。抵达后，参观马塔莱托的香料园，欣赏斯里兰卡著名的不同香料。将向您介绍不同的香料，并向您展示其中一些香料是如何生长和加工的。康提，包括 Upper Lake Drive，集市广场，工艺美术学院，宝石博物馆。康提山丘之都，一年一度的 Perahera 的举办地僧伽罗国王的最后据点终于在1815年割让给英国人。康提是佛教今天在斯里兰卡影响力的一个例子。寺院的神社和寺院遍布佛教传统，处处可见。自公元4世纪以来，下次访问圣牙舍利庙时，佛陀的牙齿就被带到 Orissan 公主的头发中，从圣人手中隐藏起来，此遗物在斯里兰卡乃至整个斯里兰卡都广为人所尊敬和圣洁。佛教世界。它被认为是斯里兰卡最珍贵的财产。到了晚上，您将体验丰富多彩的表演，在这里您将想到斯里兰卡的文化盛宴。为沉重的鼓声和杂技表演做好准备。今晚晚餐，并在康提过夜。

### Day 4: Kandy - Nuwara Eliya

(Breakfast/L/D)

Breakfast serve at hotel, drive about 2 hours journey proceed to **Nuwara Eliya**. En-route, enjoy "**Tea experience**", which involves a visit a plantation to observe firsthand the process, starting from the plucking field where it all begins with the picking of "two leaves and a bud" to the factory where the processing begins. Originally introduced to the island around 1850 by the British, Ceylon Tea is world famous for its high quality and has remained a major contributor to the island's economy for generations. Currently, Sri Lanka is one of largest exporter of tea worldwide. **Nuwara Eliya, The 'Little England' of Sri Lanka**, is set against beautiful backdrops of Mountains, Valleys, Waterfalls and Tea Plantations. It is supposed to be one of the coolest places in the Island, but it is really just like an English spring day, although the temperature does drop at night. All around Nuwara Eliya you will see evidence of the British influence, houses like country cottages or Queen Ann style mansions. The Victoria Park, in the middle of the town, is a lovely place for a stroll or a picnic and is also good for Birding as you get some rare birds in this Park. **Lake Gregory** is one of the significant tourist attractions in Nuwara Eliya. With recent up liftmen in Nuwara Eliya area many recreation facilities introduced around the Gregory lake area. You can buy a ticket and visit the Lake Park and enjoy your evening by the lake. Need a boat ride. They are therefor you to offer a ride to get an unforgettable experience. Swan Boats are there to hire if you need a ride on your own. Tonight dinner and overnight stay at Nuwara Eliya.



早餐在酒店提供，驱车约2小时即可到达努沃勒埃利耶。在途中，享受“茶体验”，其中包括参观种植园以亲身观察过程，从采摘场开始，到采摘过程开始时采摘“两叶一芽”。锡兰茶最初是由英国人于1850年左右引入该岛的，它的高品质享誉世界，几代人一直为该岛的经济做出重要贡献。目前，斯里兰卡是全球最大的茶叶出口国之一。努瓦拉·埃利耶（Nuwara Eliya），斯里兰卡的“小英格兰”，以山脉，山谷，瀑布和茶园为背景。它应该是岛上最凉爽的地方之一，但实际上它就像英国的春日一样，尽管夜间气温确实会下降。在努沃勒埃利耶（Nuwara Eliya）周围，您会看到英国影响的证据，如乡间别墅或安妮女王风格的豪宅之类的房屋。维多利亚公园位于镇中心，是散步或野餐的好地方，也是赏鸟的好地方，因为您在公园里会养一些稀有鸟类。格雷戈里湖是努沃勒埃利耶（Nuwara Eliya）重要的旅游景点之一。随着努沃勒埃利耶（Nuwara Eliya）地区最近的举升工人，格雷戈里（Gregory）湖区周围引入了许多娱乐设施。您可以购买门票并参观湖公园，并在湖边享受夜晚。需要乘船。他们为您提供了一段难忘的经历。如果您需要自己乘车，可以租用 Swan Boats。今晚晚餐，并在努沃勒埃利耶（Nuwara Eliya）过夜。

#### Day 5 : Nuwara Eliya - Galle

(Breakfast/L/D)

Breakfast serve at hotel, drive about 4.5 hours journey proceed to Galle UNESCO World Heritage Site. Drive 1 hours from Galle city, visit to **Marine Turtle Conservation in Kosgoda**. Globally, all seven species of marine turtles are endangered. Of these seven, five come ashore to nest in Sri Lanka. The process of marine turtles nesting, hatchlings being born, and swimming back to sea is fascinating to observe. The Kosgoda Conservation Project is an ideal way to learn and observe this endangered species. Garden Beach Hotel, on the edge of Turtle Beach, offers responsible night-time expeditions to its guests if turtles are lying. Lunch will be serve at local restaurant. Drive 1 hours journey back to **Galle Fort**, a UNESCO World Heritage Site, originally built by the Portuguese and then further developed by the Dutch and the British, covers nearly four sq kms, and is protected by 12 bastions and connecting ramparts. During the early 18th century the Old Dutch Gate was the entrance point to the Fort. Subsequently the British built the Main Gate which is still used today. Buildings of interest include the Dutch Reformed Church, All Saints Church, Amangalla Hotel (formerly the New Oriental Hotel), and the lighthouse and bell tower. The Dutch also developed what was then an innovative tide-based sewage-system within the Fort. A maze of narrow roads lined with small houses and shops with Dutch names still remain. Tonight dinner and overnight stay at Galle or Bentota or Down South Panadura or Wadduwa or Beruwela.

早餐在酒店提供，驱车约4.5小时可到达加勒联合国教科文组织世界遗产。从加勒市驾车1小时，参观科斯哥达的海龟保护区。在全球范围内，所有七种海龟都受到威胁。在这七个中，有五个上岸筑巢在斯里兰卡。令人着迷的是观察海龟筑巢，孵化幼体以及游回海中的过程。Kosgoda 保护项目是学习和观察这种濒危物种的理想方法。乌龟海滩边缘的花园海滩酒店（Garden Beach Hotel）如果海龟在撒谎，可为客人提供负责任的夜间探险。午餐将在当地餐厅提供。驱车1小时返回联合国教科文组织世界遗产加勒堡，盖尔堡最初由葡萄牙人建造，然后由荷兰人和英国人进一步发展，占地近4平方公里，由12个堡垒和相连的城墙保护。在18世纪初，旧荷兰门是堡垒的入口。随后，英国人建造了如今仍在使用的门。感兴趣的建筑物包括荷兰归正教堂，诸圣堂，Amangalla 酒店（以前为新东方酒店）以及灯塔和钟楼。荷兰人还开发了当时堡垒内基于潮汐的创新排污系统。仍然留有迷宫般的狭窄道路，两旁是小房子和荷兰名字的商店。今晚晚餐，并在加勒或本托特或南帕纳杜拉岛下或瓦杜瓦或贝鲁韦拉过夜。

## Day 6 : Galle - Colombo (Departure)

(Breakfast/L)

Breakfast serve at hotel, **drive back to Colombo**. Lunch will be serve at local restaurant. Colombo a drive through the city taking you to the busy commercial areas as well as the tree lined residential, Cinnamon Gardens. Visit Fort, the former British administrative centre and military garrison. Sea Street, the Goldsmiths quarters in the heart of Pettah, the Bazaar area, where is also a Hindu Temple with elaborate stone carvings, and the Dutch Church of Wolfendhal dating back to 1749. Also visit the **BMICH, see the replica of Avukana Buddha & the Independence Square**. From buzzing bazaars to stylish boutique outlets, Colombo is increasingly becoming a popular shopping destination within Asia. **Odel** is Sri Lanka's most famous shop, a growing department store in the centre of town. Western-label clothes are sold at a fraction of overseas prices. Other attractions include home wear stores like **House of Fashion, Arcade Independence Square, Race Course** and **Beverly Street**. If you want to get a feel for the trading heart of the city, spend a hectic morning wandering the narrow streets of Colombo Pettah where you will find anything from steel pots to the latest mobile phones. Tonight transfer to the airport for the flight departure to home sweet home or next destination.

早餐在酒店提供，然后开车返回科伦坡。午餐将在当地餐厅提供。可伦坡驾车穿越城市，带您前往繁忙的商业区以及绿树成荫的住宅肉桂花园。参观福特堡，前英国行政中心和军事驻军。海街，佩塔（Pettah）心脏地带的金史密斯区，集市区（Bazaar area），那里也是一座印度庙宇，上面雕刻着精美的石雕，还有荷兰沃尔芬达尔教堂（Wolfendhal），其历史可追溯至1749年。独立广场。从喧嚣的集市到时尚的精品店，科伦坡正日益成为亚洲最受欢迎的购物胜地。奥德尔（Odel）是斯里兰卡最著名的商店，这是位于市中心的新兴百货商店。西式服装的售价仅为海外价格的一小部分。其他景点包括家居用品商店，例如时装屋，拱廊独立广场，马场和比佛利街。如果您想感受这座城市的贸易中心，可以度过忙碌的一个早晨，漫步在科伦坡佩塔（Colombo Pettah）狭窄的街道上，那里有从钢铁罐到最新手机的各种东西。今晚转机到飞机上，飞往家中的甜蜜之家或下一个目的地。

THE JOURNEY GOES ON

### TRIP INCLUSIVE

- ✓ 05 night's hotel accommodation as stated
- ✓ Daily breakfast at hotel, 05 lunches and 04 dinners
- ✓ 05 full days sightseeing with entrance fee
- ✓ Round trip private airport-hotel transfer
- ✓ English speaking tour guide / driver guide service
- ✓ Private Service

### TRIP EXCLUDE

- X Suggestion of driver guide/ tour guide tipping USD 03- 04 per person per day pay in Colombo (English speaking only)
- X Hotel porter tipping
- X Personal Expenses
- X Sri Lanka Visa

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#### Cheras Outlet

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