SRILANKA

# Sri Lanka: From Misty Highlands to Golden Shores

6 Nights / 7 Days · Kandy, Nuwara Eliya, Bentota, Colombo




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**From scenic mountain drives and aromatic spice gardens to peaceful lakesides, coastal adventures, and bustling shopping destinations, every day offers a new perspective on Sri Lanka's remarkable diversity.**

Discover the captivating beauty of Sri Lanka, an island where emerald tea plantations embrace mist-covered mountains, ancient temples preserve centuries of spiritual heritage, and palm-fringed beaches meet the sparkling Indian Ocean. This seven-day journey brings together the cultural charm of Kandy, the refreshing highlands of Nuwara Eliya, the tropical serenity of Bentota, and the vibrant urban atmosphere of Colombo.

# Day-by-day itinerary

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### Day 1: A Journey into the Heart of the Highlands — Arrival in Colombo and Transfer to Kandy

Upon arrival at Bandaranaike International Airport, you will be warmly welcomed by your guide or driver and begin your journey towards Kandy, Sri Lanka's historic hill capital. The drive takes approximately 3.5 hours, offering your first glimpse of the island's picturesque countryside, with tropical greenery, roadside fruit stalls, traditional homes, and glimpses of everyday village life.

En route, you may visit the following attractions:

Pinnawala Elephant Orphanage (Optional): A well-known elephant care centre established to care for orphaned and vulnerable elephants. Depending on the schedule, you may observe the elephants in their surroundings and, when permitted, see them gathering near the river. The visit offers insight into elephant care and conservation in Sri Lanka.

Mawanella Spice Garden: Discover the aromatic world of Sri Lankan spices, including cinnamon, cardamom, cloves, and black pepper. Learn how these spices are cultivated and traditionally used in local cuisine, herbal preparations, and Ayurveda.

After reaching Kandy, proceed to the sacred and cultural landmarks of this charming city.

Temple of the Sacred Tooth Relic (Optional): Situated near Kandy Lake, this revered Buddhist temple houses a tooth relic traditionally believed to belong to Lord Buddha. Its richly decorated interiors, intricate carvings, and spiritual atmosphere make it one of Sri Lanka's most significant religious sites. If time permits, an evening visit during the traditional pooja ceremony offers an opportunity to witness local worship and age-old customs.

As evening settles over the hills, check in to your hotel and enjoy a relaxing dinner. The remainder of the day is reserved for rest after your journey.

Overnight stay: Kandy

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## Day 2: Through Tea-Scented Mountains to Little England — Kandy to Nuwara Eliya

After breakfast at the hotel, begin the day with a leisurely exploration of Kandy before travelling towards the cool, picturesque highlands of Nuwara Eliya. The drive takes approximately 2.5–3 hours, although sightseeing stops may extend the journey.

Kandy sightseeing:

Upper Lake Drive: Enjoy a scenic drive along the elevated roads surrounding Kandy Lake. The route provides attractive views of the lake, surrounding hills, and the city's distinctive blend of historic architecture and modern life. It is an excellent opportunity to appreciate Kandy's natural setting.

Gem Museum: Sri Lanka is renowned for its precious and semi-precious gemstones, particularly blue sapphires. At the museum, learn about gemstone mining, identification, cutting, polishing, and the craftsmanship behind the island's internationally recognised gem trade.

Royal Botanical Gardens, Peradeniya (Optional): Located near Kandy, these celebrated gardens feature impressive palm-lined avenues, tropical trees, orchids, bamboo groves, and beautifully maintained lawns. The gardens offer a peaceful setting for a leisurely stroll amid an extraordinary variety of plant life.

Journey to Nuwara Eliya:
Leave Kandy behind and ascend through winding mountain roads, misty valleys, and rolling tea estates. The changing scenery reveals the distinctive beauty of Sri Lanka's central highlands.

Tea Plantation and Factory Visit: Discover the journey of Ceylon tea, from the cultivation of tender tea leaves to the processes of withering, rolling, oxidation, drying, and grading. You may also observe tea pickers at work, depending on the estate's operations, and enjoy a freshly brewed cup of Sri Lankan tea.

Ramboda Falls: One of the scenic waterfalls along the highland route, Ramboda Falls cascades through lush greenery and rocky terrain. A stop here provides an excellent opportunity for photographs and a refreshing pause amid the mountain landscape.

Arrival in Nuwara Eliya: Often called Little England, Nuwara Eliya is known for its cool climate, green landscapes, colonial-era architecture, and charming lakeside surroundings.

Gregory Lake (Optional): A popular recreational attraction surrounded by hills and landscaped areas. Spend some time enjoying the peaceful atmosphere, with optional activities such as cycling or pony rides where available. Boat rides are excluded from this plan.

Colonial City Walk: Explore the town's distinctive architectural character, including British-era buildings, the historic post office, and charming streets lined with gardens. The cool weather and old-world ambience make Nuwara Eliya a delightful contrast to the tropical lowlands.

After sightseeing, check in to your hotel and enjoy dinner.

Overnight stay: Nuwara Eliya

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**Day 3: Where Clouds Embrace the Tea Gardens — Leisure and Nature in Nuwara Eliya**

Wake up to the refreshing mountain air of Nuwara Eliya and enjoy breakfast at the hotel. Today's itinerary is designed at a relaxed pace, allowing you to appreciate the region's natural beauty, cool climate, and peaceful surroundings without the pressure of a long road journey.

Optional sightseeing and activities:
Hakgala Botanical Garden: Located in the cool central highlands, Hakgala Botanical Garden is celebrated for its ornamental plants, seasonal flowers, rose varieties, and cool-climate vegetation. Set against a dramatic mountain backdrop, the garden offers scenic walking paths and attractive spots for photography. The experience is particularly enjoyable for travellers who appreciate gardens and nature.

Tea Estate Walks: Spend time exploring the pathways that wind through Nuwara Eliya's rolling tea estates. The neatly arranged tea bushes create striking patterns across the hillsides, while the cool breeze and expansive views offer a peaceful escape. Depending on access and estate conditions, you may observe tea cultivation up close and learn about the importance of tea production to the region.

A leisurely afternoon in the highlands: The remainder of the day can be spent enjoying the tranquillity of the hill station. Take in the mountain views, relax at your hotel, explore nearby streets at your own pace, or simply savour the distinctive atmosphere of this elevated region.

Nuwara Eliya's charm lies not only in its attractions but also in its slower rhythm of life. The cool temperatures, mist drifting across the hills, and endless green landscapes make this a welcome opportunity to unwind during your Sri Lankan holiday.
Return to the hotel for dinner and a comfortable overnight stay.

Overnight stay: Nuwara Eliya

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**Day 4: From Emerald Mountains to the Golden Coast — Nuwara Eliya to Bentota**

After breakfast, check out of your hotel and begin the journey from Nuwara Eliya towards Bentota, a popular coastal destination on Sri Lanka's southwestern shoreline. The drive takes approximately 5–6 hours, depending on the route, traffic, and road conditions.

As you descend from the central highlands, the scenery gradually transforms. The cool mountain air gives way to warmer tropical weather, and the rolling tea plantations are replaced by lush lowland vegetation, village settlements, and coastal landscapes. The drive offers a wonderful glimpse into Sri Lanka's geographical diversity.

En route, enjoy the changing vistas and take suitable refreshment breaks as required. The journey itself is an important part of the experience, connecting the island's mountainous interior with its sunlit coastline.

Arrival in Bentota: Upon arrival, check in to your hotel or beach resort and spend the remainder of the day at leisure.

Bentota is renowned for its sandy beaches, swaying coconut palms, and relaxed coastal atmosphere. It is an ideal destination for travellers seeking a combination of seaside relaxation and optional adventure activities.

Spend the evening strolling along the beach, enjoying the sound of the waves, or admiring the sunset over the Indian Ocean. You may also unwind at the resort and enjoy its available facilities.

As night falls, return to the hotel for dinner and a peaceful overnight stay by the coast.

Overnight stay: Bentota

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**Day 5: Ocean Adventures and Mangrove Wonders — Bentota Beach Experience**

Begin the day with breakfast at the hotel before enjoying a full day dedicated to the coastal attractions and natural experiences of Bentota. With its beautiful beaches, scenic waterways, and marine conservation initiatives, the region offers an appealing mix of relaxation, adventure, and wildlife encounters.

Optional activities and excursions: Water Sports at Bentota Beach: For adventure enthusiasts, Bentota offers a range of water-based activities, subject to weather and sea conditions. Options may include jet skiing, banana boat rides, windsurfing, and other recreational experiences. Whether you prefer an adrenaline-filled outing or simply watching the activity along the shore, the beach provides an energetic contrast to the peaceful highlands.

Madu River Boat Safari: Explore the scenic waterways of the Madu River, which winds through mangrove forests, small islands, and quiet stretches of tropical vegetation. The boat ride offers opportunities to observe birds and other wildlife while discovering the ecological importance of mangroves. Depending on the operator and route, the excursion may include stops at small islands and local attractions.

Kosgoda Turtle Hatchery: Learn about efforts to protect sea turtles along Sri Lanka's coastline. Depending on the centre's current operations, visitors may learn about turtle nesting, egg protection, hatchling care, and the threats faced by marine turtles. The experience highlights the importance of conserving coastal ecosystems and protecting vulnerable wildlife.

The activities are optional and can be selected according to your interests, available time, and budget. Additional charges may apply for excursions, entry fees, and equipment.

The remainder of the day is available for relaxation. Return to the hotel, enjoy the coastal atmosphere, and spend a restful evening after a day of memorable experiences.

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**Day 6: The Island's Capital — Coastal Charm, Culture and Shopping in Colombo**

After breakfast, check out from your hotel in Bentota and proceed towards Colombo, Sri Lanka's bustling commercial capital. The journey takes approximately two hours, depending on traffic and road conditions.

Colombo presents a different side of the island, combining historic landmarks, religious heritage, modern shopping complexes, lively public spaces, and a vibrant urban lifestyle. Upon arrival, begin exploring the city's cultural and coastal highlights.

Colombo city tour:
Gangaramaya Temple (Optional): One of Colombo's best-known Buddhist temples, Gangaramaya is admired for its eclectic architecture, intricate decorative details, religious artefacts, and diverse collection of traditional objects. The temple reflects the influence of several architectural styles and serves as an important centre for Buddhist worship and cultural activities.

Colombo National Museum (Optional): Established during the British colonial period, the museum offers insight into Sri Lanka's history, art, archaeology, and royal heritage. Its collections include historic artefacts, sculptures, traditional objects, and items associated with the island's former kingdoms. It is a worthwhile stop for travellers interested in the country's cultural development.

Galle Face Green: Stretching along the Indian Ocean, this popular seaside promenade is a favourite gathering place for locals and visitors. Enjoy an open view of the coastline, watch the waves, and experience Colombo's lively atmosphere. In the evening, the area becomes particularly appealing as families gather and local food vendors serve popular Sri Lankan snacks.
Shopping and leisure

Odel: A well-known shopping destination associated with fashion, lifestyle products, and gift shopping. Availability and store offerings may vary.

One Galle Face Mall: A modern shopping and entertainment destination featuring retail stores, dining options, and leisure facilities. It is an excellent place to browse international and local brands, enjoy refreshments, or spend some time in an air-conditioned environment.

After completing the city tour and shopping, proceed to your hotel for check-in. Enjoy dinner and relax after a day of cultural exploration and urban discoveries.

Overnight stay: Colombo

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### Day 7: Carrying Home the Memories of the Serendipity Island — Departure from Colombo

Enjoy your final breakfast at the hotel, reflecting on the memorable experiences of your Sri Lankan holiday. From the sacred temples and historic charm of Kandy to the misty tea gardens of Nuwara Eliya, the golden shores of Bentota, and the lively streets of Colombo, the journey has revealed the many contrasting landscapes and cultural traditions of this beautiful island.

After breakfast, check out of the hotel and transfer to Bandaranaike International Airport for your onward flight. Your driver will coordinate the departure transfer according to your flight schedule.

As you bid farewell to Sri Lanka, take home memories of green mountains, aromatic tea, tropical beaches, warm hospitality, and the island's distinctive cultural heritage.

## Price on request

Final price depends on your travel dates, number of travellers and the choices you make. Get an instant, itemised quote online:

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