



**The journey of your life.**

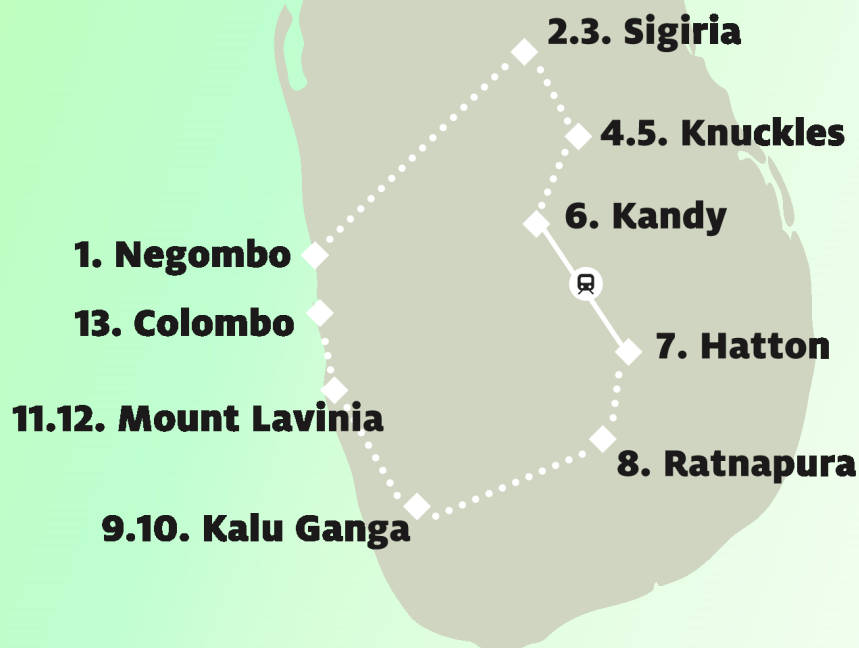
## **Walking with Buddha**

---

13 Tage Sri Lanka

[yolo-reisen.de/asien/sri-lanka/walking-with-buddha](https://yolo-reisen.de/asien/sri-lanka/walking-with-buddha)

# Sri Lanka



## Sri Lanka **Walking with Buddha**

65.000 Quadratkilometer, aber wir schaffen das. Sind auch nur 2.400 Jahre, durch die wir durchmüssen. Von den 80 Höhlentempeln in Dambulla nach Kandy, wo ein Eckzahn bewacht wird wie die Kronjuwelen. Zu den Teepflückerinnen im idyllischen Hochland und an die Traumstrände im Süden. Ganz zum Schluss das Edelste: blaue Saphire im UNESCO-Weltkulturerbe Galle.



## Included services:

- Abenteuerreise mit maximal 12 internationalen Teilnehmern
- Jede Reise findet statt
- Englisch sprechender, einheimischer Guide in internationaler Reisegruppe
- Unterkunft: 8 x Hotel, 4 x Camping
- Transport: Reiseminibus, öffentlicher Bus, Fahrrad, Rikscha, Zug, Jeep, Kajak
- Mahlzeiten: täglich Frühstück, 7 x Mittagessen, 4 x Abendessen
- Aktivitäten laut Tagesprogramm
- Nationalparkgebühren & Eintrittsgelder
- 100 m² Regenwald 4 you (Jedem Gast schenken wir im Regenwald von Ecuador ein Grundstück, das Jahr für Jahr den CO<sub>2</sub>-Ausstoß seiner Reise kompensiert. Eingetragen auf seinen Namen und auf ewig seins.)
- Rail&Fly inkludiert bei allen Buchungen mit Flug

## Day-to-day-Itinerary:

### Day 1

#### Negombo

Ayu-bowan! Welcome to Sri Lanka. Your adventure begins in the town of Negombo, located close to the international airport. You can arrive at any time on Day 1 as there are no activities planned until the important welcome meeting at 5:30 PM. Those arriving early can get into the spirit of seaside Sri Lanka by observing the local fishing craft and perhaps feasting on fresh seafood. The beautiful surrounding countryside is best explored on a bicycle, which you can rent with help from the hotel reception.

#### **The Welcome Meeting will take place at 5:30 pm.**

If you can't arrange a flight that will have you arrive at the hotel in time for the meeting, you may wish to arrive a day early so you're able to attend. If you're going to be late, please inform the hotel reception.

**Accommodation:** Hotel / Rani Beach Resort / Lewis Place Beach Front / Negombo



## Day 2

### Minneriya National Park - Sigiriya

Leave Negombo after breakfast today. Your private vehicle takes you to ancient Anuradhapura via the small town of Chilaw. Those keen on history and archaeology might like to visit one of the local museums.

Mihintale, the sacred birthplace of Sri Lankan Buddhism, is a recommended optional activity. The price of this will depend on the number of people sharing the vehicle.

#### Included activities:

- Minneriya National Park

**Included meals:** breakfast

**Travel time:** Approx. 5 hrs total travel time

**Accommodation:** Hotel

## Day 3

### Sigiriya - Knuckles Mountain Range

Sigiriya an ancient carved-rock fortress that rises dramatically above the surrounding plains. The near vertical walls elevate the ancient city of Sigiriya high into the air, keeping the secrets of the Kassapa kingdom inaccessible save for a rigorous climb along steep staircases. Take a morning visit to witness this monolith with your own eyes, then transfer onward to Illukkumbura. From here, take a half-day walk through the Knuckles Mountain Range, named because the peaks and folds resemble a clenched fist when viewed from certain angles. More than 34 per cent of Sri Lanka's endemic trees, shrubs and herbs are only found in these forests, so keep an eye out for these various plants as you push along the trail.

The visit to Lion Rock takes around 3.5 hrs. Start around 7am, reaching the lion paw around 8.30 am. On the way visit the water garden, boulder garden, Sigiriya Frescos and the mirror wall. After the Lion Paw its a steep climb with plenty of steps and walkways along the side of the rock. This part of the climb takes around 30 minutes. Those not wanting to go to the top can rest at the lion paw until the rest of the group return.

#### Included Activities

- Sigiriya - Lion Rock
- Knuckles Mountain Range guided trek

**Included meals:** breakfast, lunch, dinner

**Accommodation:** Camping with basic facilities

**Please note:** In the off chance that there is heavy downpour during the hiking portion of the itinerary you will stay in a local guest house instead of camping in tents. Should the rain be so severe that there is a risk of landslides you will visit Project Orange Elephant located near Wasgomuwa National Park. Project Orange Elephant is finding sustainable solutions to overcome human elephant conflict in rural Sri Lanka. You will



meet some of the local farmers and learn about life for both the elephant and human inhabitants that live in the area.

#### Day 4

##### Knuckles Mountain Range

Continue on a rigorous full day trek through the Knuckles region. After winding through the forests and hillsides, perhaps stopping at abandoned native villages along the way. Climb Manigala Rock where views of the valley below and adjacent peaks await.

##### Included Activities

- Knuckles Mountain Range guided trek

**Included meals:** breakfast, lunch, dinner

**Accommodation:** Camping with basic facilities

#### Day 5

##### Knuckles Mountain Range - Kandy

Begin your hike out of Knuckles National Park (3 hours) before transferring to Kandy (2 hours). Lying in the hills of the Kandy plateau, this major city previously served as the last capital of the ancient kings' era of Sri Lanka. These days, it's surrounded by beautiful tropical plantations and plays home to the Temple of the Sacred Tooth Relic, a location that houses a tooth of the Buddha. Spend the rest of the day relaxing here – maybe find a spot by the scenic lake in the centre of town and while away the afternoon.

##### Included Activities

- Dambulla - Cave temples

**Included meals:** breakfast

**Accommodation:** Hotel



## Day 6

### Hatton

Transfer to Kandy train station after breakfast, then embark on a scenic train trip towards Hatton (3 hours). After arriving at the station, continue on a mountain bike ride through the area. Pass by the vast tea estates lying in the flowing hills, dotted with few trees which stand like beacons over the plantations below. After roaming around the idyllic countryside, consider taking the hike up Adam's Peak. The peak itself is often visited by pilgrims who climb a candle lit trail to the top in the evenings, passing shrines and food stalls along the way.

#### Included Activities

- Mountain biking
- Kandy - Temple of the Tooth

**Meals:** breakfast, lunch

**Accommodation:** Hotel **Please note:** Train tickets from Kandy are in very high demand. We always try our best to secure tickets for the full journey or the part of the trip. Though on the rare occasion that we cannot you will be provided with a private bus to take you to your next destination.

## Day 7

### Kandy

Start the day off in Kandy with a visit to the golden roofed Temple of the Sacred Tooth Relic. Housed inside, the relic of the tooth of the Buddha has played an important role in local politics due to the belief that whoever holds the relic holds governance of the country. It's because of both the temple and Kandy's status as the last city of the Sri Lankan Kings that Kandy stands as a UNESCO World Heritage site. Afterwards, enjoy the rest of the day with free exploration of the city. Perhaps explore the local Buddhist temple or while away the afternoon amongst the trees and flowers of the Royal Palace Park.

**Included meals:** breakfast

**Accommodation:** Hotel



## Day 8

### Bogawanthala - Balangoda - Ratnapura

Leave Hatton and drive to Bogawanthala by vehicle. Once you arrive, jump on your mountain bike and continue on a ride across the central highlands towards Balangoda. Travel through the rich forests and sprawling fields of rural Sri Lanka before finally arriving at Balangoda, pushing through 55 kilometres (34 miles) and 720 metres (2362 feet) of elevation gain along the way. From here, travel by private vehicle and drive onwards to Ratnapura, the bustling capital of the Sabaragamuwa Province, where you'll spend the evening.

#### Included activities

- ◆ Mountain biking

**Included meals:** breakfast, lunch

**Accommodation:** Hotel

## Day 9

### Kaluganga River

Wake up in the morning and stretch those arm muscles as you prepare for a big day of kayaking along the Kaluganga River, meaning Black River in native Sinhala language. The Kaluganga stretches an impressive 129 kilometres (80 miles) in length, reaching through many of Sri Lanka's districts and provinces. As a result, the landscape and vegetation next to the river seems to shift the further you paddle along the river, listening out for bird calls as you quietly drift on. Stop off at a local village where you'll camp for the night.

#### Included Activities

- ◆ Kaluganga River - Canoeing

**Included meals:** breakfast, lunch, dinner

**Accommodation:** Camping with basic facilities

**Please note:** In the off chance that we are forced to cancel kayaking due to unsafe river water levels caused by heavy rain you will instead spend one night in Udawalawe and two nights at Marissa beach. We will include a half day cycle in Udawalawe, a visit to the Elephant Transit Home, and a day visit to Galle Royal Dutch Fort during our stay in Marissa.



### Day 10

#### Kaluganga River

Depart from the village in the morning and continue paddling down the Kaluganga River, taking in more sights and sounds as you paddle onwards.

**Included activities:**

- ◆ Kaluganga River - Canoeing

**Included meals:** breakfast, lunch, dinner

**Accommodation:** Camping (with facilities)

### Day 11

#### Kalutara - Mt. Lavinia

Continue on your kayak adventure before arriving at Kalutara, where the river meets the sea. Once an important trading centre for spices, the town's name is derived from the Kaluganga River and was temporarily made the capital by order of a South Indian prince. After a little bit of time looking over the beautiful beaches, board your private vehicle and depart to Mount Lavinia for the next stage of your journey.

**Included meals:** breakfast, lunch

**Accommodation:** Hotel

### Day 12

#### Mt. Lavinia

Located a mere 15 kilometres (9 miles) from the Colombo city centre, Mount Lavinia is a suburb renowned for its "Golden Mile" of beaches. It's one of the most liberal areas of Sri Lanka and plays host to the island's annual Gay Pride and Rainbow Kite festival since 2005. With a free day to relax on the beach, wash yourself off after a big haul of physical exercise and calm your muscles down. Consider taking on an optional yoga class to knock off any extra tension, or even say goodbye to your fellow adventurers over a group meal, if you choose to do so.

**Included meals:** breakfast

**Accommodation:** Hotel Palms Mount Lavinia / 52 De Seram Road, Mount Lavinia / 10370 / SRI LANKA





### Day 13

#### Colombo

Today marks the end of your adventure and there are no activities scheduled after breakfast. If you want to explore Mount Lavinia further, extra accommodation can be booked through the hotel.

**Included meals:** breakfast

## Accommodation on your trip:

During the trip you might stay in the following accommodation. Please note that, depending on availabilities, these may vary from departure to departure.

## Important Notes

- This is a shared tour. That means that tour operators from all over the world book their guests onto this tour. So you will be travelling in an international group.
- We recommend 300 € for meals not included during the trip.

## Preishinweise:

- Einzelzimmerzuschlag: 549 €
- Langstreckenflug Frankfurt - Colombo und zurück: z.B. mit Qatar, Emirates, Singapur Airlines ab 799 €
- Rail & Fly innerhalb Deutschlands (2. Klasse): inkludiert bei Flugbuchung über YOLO
- Flughafentransfers im Zielland: Transfer vom Flughafen Colombo zum Starthotel 31 € pro Auto (bis zu 2 Personen), Transfer vom letzten Rundreisehotel zum Flughafen Colombo 46 € pro Auto (bis zu 2 Personen)
- Vor- bzw. Anschlussübernachtung im Tourhotel Preise pro Nacht und Person (exkl. Frühstück): Vorübernachtung 85 € im DZ und 110 € im EZ; Anschlussübernachtung ab
- Ein Taxi vom Flughafen Bandaranaike International zum Rani Beach Resort braucht etwa 20 Minuten und kostet circa US



# **Wohin geht die Reise? Immer ins Herz.**

**YOLO**

Pannwitzstr. 25, 13403 Berlin

+49 (0)30 22192219-0

info@yolo-reisen.de



Änderungen und Irrtümer vorbehalten

Stand: 24.04.2025