



SRI LANKA

yoga & adventure

ACCOMMODATION AND TRANSPORTATION

How we will get around and
where we will stay.

ROUTE AND PLACES WE WILL VISIT

Discover the essence of Sri
Lanka in its most authentic
corners.

GET TRAVEL TIPS

Let's Make your travels much
easier.



JULY 15TH TO JULY 27TH.

TRAVEL ITINERARY



- DAY 1: Arrival in Colombo - Kandy
- DAY 2: Kandy - Ella
- DAY 3. Ella
- DAY 4. Ella - Arugam Bay
- DAY 5, 6. Arugam Bay
- DAY 7. Arugam Bay - Yala
- DAY 8. Yala
- DAY 9. Yala - Mirissa
- DAY 10. Mirissa
- DAY 11. Mirissa - Unawatuna
- DAY 12. Unawatuna
- DAY 13. Unawatuna - Going back home



JULY 15TH. ARRIVAL IN

COLOMBO

Welcome to the marvelous island of Sri Lanka!

The first day of our exciting adventure begins with an early morning arrival at Colombo International Airport. After the warm welcome meeting, we will head towards the beautiful destination of Kandy, a city steeped in history and culture, on a approximately 3 and a half-hour car journey.

Upon reaching **Kandy**, we'll make our way to our cozy hotel where we can settle in and unwind after our journey. With the afternoon free, there will be an option to explore the city at a leisurely pace, strolling through local streets, discovering charming shops, and immersing ourselves in the unique atmosphere that Kandy offers.

After a relaxed exploration, we'll return to the hotel to rest and recharge, ready for the exciting experiences that await us in the days ahead.

JULY 16TH. WE MOVE TO

ELLA

After a peaceful night in Kandy, we will embark on a unique sunrise experience. In the morning, we will journey to Ella on what is considered one of the most scenic train rides in the world. This journey will treat us to spectacular views of mountain landscapes, tea plantations, and lush valleys, creating unforgettable memories during this picturesque ride.

During our **two-night** stay, we will enjoy **two yoga sessions** that will connect us with the surroundings and provide a moment of peace and reflection amidst this picturesque setting.

The beauty of Ella extends beyond yoga sessions. We'll have the opportunity to explore the region with exciting options such as trekking through rolling hills, visiting stunning waterfalls, and immersing ourselves in the vibrant local culture. Whatever the choice, each experience in Ella will be a celebration of the amazing natural and cultural diversity of Sri Lanka.

Get ready to be captivated by the wonder of Ella and immerse yourself in the tranquility that this magical corner of Sri Lanka offers us!



ACTIVITIES TO DO IN ELLA

Admire the View from Ella Rock

Enjoy a breathtaking panoramic view of the hills and valleys from the summit of Ella Rock. The hike to the top is an experience in itself, rewarding you with a view that takes your breath away.

Explore Ravana Falls

Discover the majestic Ravana Falls, one of Sri Lanka's most famous waterfalls. Take a refreshing dip in the cool waters or simply marvel at the stunning natural beauty it offers.

Walk Across the Nine Arch Bridge

Cross the famous Nine Arch Bridge, an architectural masterpiece surrounded by lush greenery. The structure is particularly impressive when a train slowly crosses it.

Explore Diyaluma Falls

Marvel at the grandeur of Diyaluma Falls, one of the tallest waterfalls in Sri Lanka. Enjoy a scenic hike to the base or simply admire the waterfall from nearby viewpoints. A perfect place to connect with nature and capture stunning panoramic views.

Nature Yoga Sessions

Take advantage of the serenity of Ella by participating in yoga sessions in nature. With the mountainous landscape as a backdrop, these sessions will allow you to find inner peace and connect with your surroundings in a unique way.





JULY 18TH. TRANSFER TO

ARUGAM BAY

After savoring a delicious breakfast in Ella, we will embark on an exciting journey towards the vibrant Arugam Bay. This charming coastal destination awaits us with promises of golden sands, gentle waves, and a relaxed atmosphere.

During our **three-night** stay in Arugam Bay, we will immerse ourselves in the serenity of the beach and connect body and mind with **three yoga sessions**. This idyllic setting will provide the perfect backdrop for finding balance and renewal. Additionally, we will experience our first encounter with **ice baths**, a refreshing and revitalizing experience that will invigorate our senses in the warm coastal ambiance.

We will enjoy an exciting **lagoon safari**, exploring the rich biodiversity and natural beauty that this area has to offer. We will also dedicate time to visit the **Kudumbigala Monastery**, where we will be rewarded with breathtaking panoramic views of Sri Lanka from the top.



JULY 21ST. WE MOVE TO

YALA

After enjoying the serene coastal breeze in Arugam Bay, we bid farewell to the beach and head towards the astonishing region of Yala. The approximately 2 and a half-hour car journey will take us through changing landscapes as we leave the coast behind and immerse ourselves in the natural beauty of Yala.

Upon reaching Yala, we will settle into our accommodation and prepare for a unique wildlife experience. During the **two nights** in Yala, we will immerse ourselves in the magic of nature with an exciting safari in the renowned **Yala National Park**.

This park is known for its biological diversity and is home to a wide range of species, including elephants, leopards, crocodiles, and an impressive variety of birds. The safari will provide us with the opportunity to witness wildlife in its natural habitat, creating unforgettable memories and spectacular photographs.

After an exhilarating day in Yala, we will return to our accommodation to relax and reflect on the natural wonders we have witnessed. Get ready to immerse yourself in the fascinating biodiversity of Yala and discover the magic that awaits in this corner of Sri Lanka!





JULY 23RD. TRANSFER TO

MIRISSA

After exploring the richness of wildlife in Yala, we head to the picturesque Mirissa, approximately a 2 and a half-hour drive away. Mirissa welcomes us with its golden beaches and a laid-back atmosphere, perfect for a brief but unforgettable stay.

Upon arrival, we will immerse ourselves in a refreshing experience with our second **ice bath session**, revitalizing our senses before exploring the charms of Mirissa. A must-visit is **Coconut Hills**, a famous viewpoint adorned with endless palm trees stretching towards the horizon. This idyllic setting provides the perfect opportunity to capture stunning images and enjoy the serenity of the surroundings.

The sunset in Mirissa is a magical experience not to be missed, so we will make sure to relish in this natural spectacle before retiring for **two nights** of rest in this coastal paradise.

JULY 25TH. WE MOVE TO

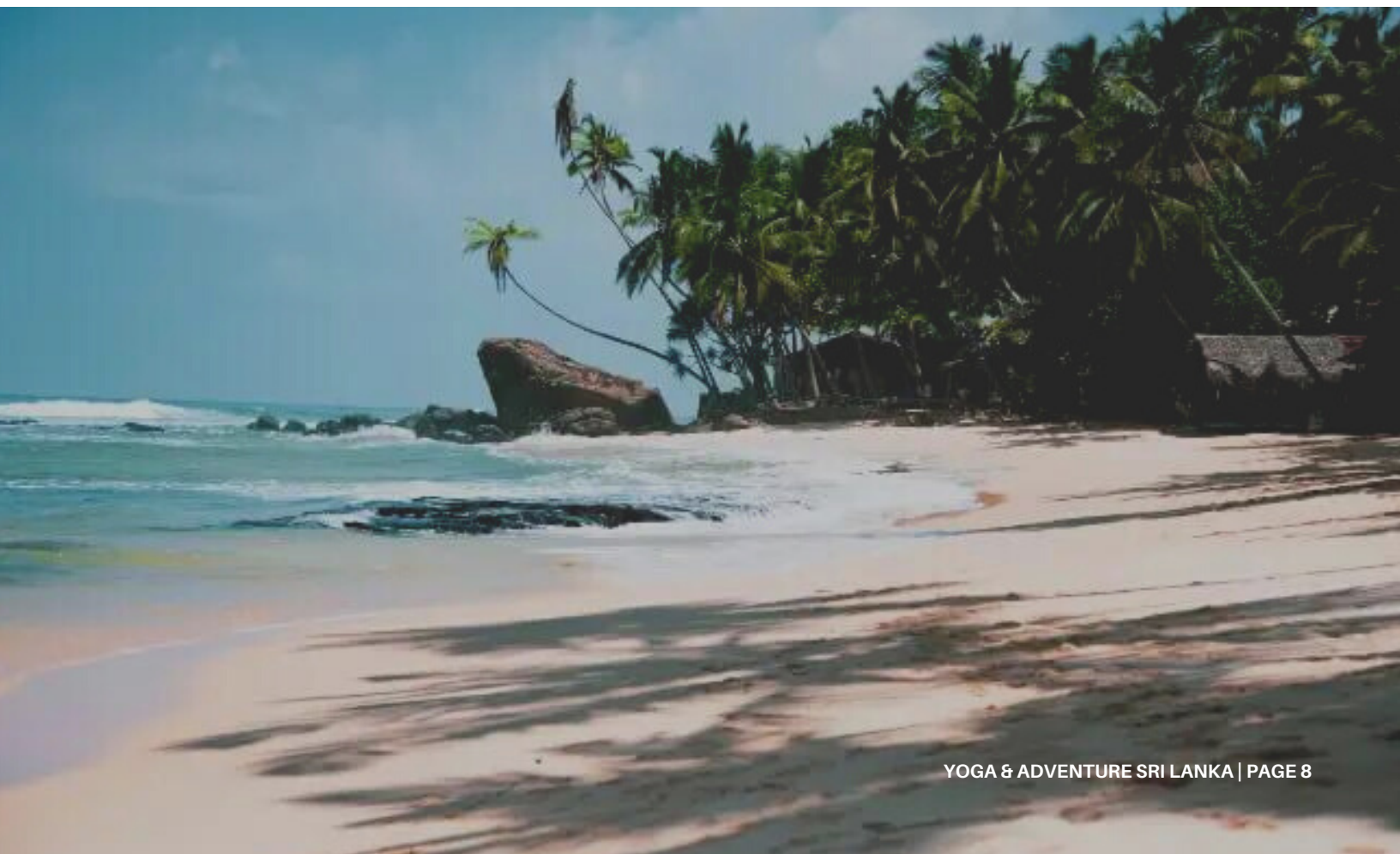
UNAWATUNA

We head to our final destination: the charming Unawatuna. The approximately 1-hour car journey will take us to this coastal gem, where we will immerse ourselves in **two nights** of relaxation and well-being.

Once we arrive, we will settle into our accommodation and prepare for a unique experience. During our two-night stay, we will indulge in the final **ice bath session**.

It will be the perfect setting for **several yoga sessions** in a unique environment. With the gentle sound of waves as a backdrop and the ocean breeze caressing us, we will immerse ourselves in a state of calm and balance.

In addition to the well-being sessions, you will have free time to explore the golden beaches and picturesque streets of Unawatuna. Enjoy the local culture, taste delicious cuisine, and soak in the serenity of this coastal paradise. With three nights in Unawatuna, we will bid farewell to Sri Lanka immersed in the tranquility and beauty of this unique coastal destination.



OPTIONS IN UNAWATUNA

Relax at the beach

Take time to enjoy the beautiful beaches of Unawatuna. With golden sands and crystal-clear waters, this destination is perfect for relaxation, sunbathing, and refreshing swims in the Indian Ocean. Moreover, many beaches offer options for water sports such as snorkeling and diving.

Explore Jungle Beach Bay

A tranquil and secluded bay that offers a stunning natural setting. A short walk through the tropical forest takes you to this hidden paradise. You can enjoy the serenity of the beach, explore the surroundings, and perhaps even discover some ideal spots for snorkeling.

Visit to Unawatuna Temple

Discover local spirituality by visiting the Unawatuna Temple. This Buddhist temple, situated on a hill overlooking the sea, provides a unique cultural experience. You can admire the temple's architecture, explore its grounds, and enjoy breathtaking panoramic views of the surroundings.

Sunset at Dalawella Beach

Dalawella Beach is famous for its iconic swing over the water and spectacular sunsets. Relax in the swing as the sun bids farewell with vibrant colors, creating an unforgettable scene.





WHAT DO I NEED TO KNOW?

CURRENCY

The official currency of Sri Lanka is the Sri Lankan Rupee (LKR). While some tourist areas may accept credit cards, it's advisable to carry cash for transactions in more remote locations. Currency exchange is easily available at banks and authorized exchange offices.

WEATHER

July marks the monsoon season in different parts of Sri Lanka. Overall, July can be a mixed month with some rainfall, so it is advisable to bring lightweight clothing and mosquito repellent, a jacket for cooler nights, and a raincoat in case of rain.

ACCOMMODATION

Comfortable accommodations in 3 and 4-star hotels and eco-friendly retreat centers. In some accommodations, we will share double and triple rooms.

LUGGAGE

A small suitcase is advisable. Pack lightweight and breathable clothing, including swimwear for enjoying the beautiful beaches. A hat, sunscreen, and insect repellent are essential. Additionally, comfortable walking shoes and a small backpack for excursions are useful.

PASAPORTE

It should shine and be ready for action. Make sure it has at least 6 months of validity after we touch down in paradise!

VISA

We only need a simple tourist visa for Sri Lanka, and we get it in the blink of an eye... online! No complications, just excitement.

ACTIVITIES

From sunrise yoga to invigorating ice baths, we will explore nature on foot and experience unique moments.



ONCE A
YEAR, GO
SOMEPLACE
YOU'VE
NEVER BEEN
BEFORE.

Dalai Lama