



SRI LANKA: BODY & SOUL

There is something irresistible about Sri Lanka, where gentle people with a Buddhist soul take the days at a slower, more rhythmic pace.

Tailor-Made Journeys, Suggested Itineraries



Indian Subcontinent, Sri Lanka



8 days from AU\$7,250 pp



Private

Journey Overview

There is something irresistible about Sri Lanka, where gentle people with a Buddhist soul take the days at a slower, more rhythmic pace. On this restorative journey you'll delve further into Buddhist philosophy as you re-align your body in yoga classes and learn to meditate with experts. Fill your lungs with fresh air and get the blood flowing while you explore ancient ruins and mountainous jungles. Go in search of inspiring sunsets and private plunge pools, while you feast on organic cuisine. Then head to the award-winning Santani Wellness Retreat, where you'll spend two days detoxing your mind, body and soul.

Journey Highlights

- Wander through the ancient UNESCO-listed Dambulla Cave Temple
- Experience Sigiriya Rock Fortress bathed in the soft morning light
- Enjoy a meditation session at the ancient ruins of Anuradhapura
- Take part in a Buddhist alms giving tradition with a local family
- Meet a contemporary artist in his private gallery to learn about his spiritual process
- Spend two days at Santani Wellness Resort detoxing mind, body and soul



Itinerary

Day 1: Arrive Colombo

Ayubowan and welcome to Sri Lanka. Enjoy a warm A&K welcome and private transfer to your luxury hotel.

Wallawwa

Day 2: Colombo - Dambulla - Thirappane

Travel overland to the ancient UNESCO-listed Dambulla Cave Temple, widely believed to be one of the most important Buddhist monasteries in the world. The shrine rooms at Dambulla sit beneath a massive stone outcropping that rises above the green plains: filled with paintings and sculptures from Sri Lanka's evolving artistic styles. Wander through the ancient cavern, past the huge collection of Buddha statues, and bask in the cool serenity of the temple. Continue to your tranquil chalet, where you can cool off in your private plunge pool. This evening, indulge on organic cuisine at the elegant restaurant or perhaps choose to dine on your private deck.

Ulagalla Resort / Meals: BD

Day 3: Thirappane - Anuradhapura - Thirappane

Take a packed breakfast to Anuradhapura for either a calming meditation session or a music therapy session with an expert. In a blissful state, continue to the ancient ruins of Anuradhapura, which have served as a pilgrimage site since its discovery over 200 years ago.

Two colossal dagobas (stupas) — each the size of the Pyramids — dominate the sacred city, with its vast remnants of temples, sculptures, palaces and water reservoirs. Admire the 'Samadhi' Buddha statue and receive a blessing near the sacred Sri Maha Bodhi tree — the oldest tree planted by man.

Your last stop is at the peak of Mihintale, Sri Lanka's cradle of Buddhism. Come with vigour and walking shoes: visitors can climb the 1843 granite steps that lead up the monastery complex, ending in a breathtaking view of the surrounding countryside.

Ulagalla Resort / Meals: BD

Day 4: Thirappane - Sigiriya - Thirappane

Wake up early to experience Sigiriya Rock Fortress at dawn. The rock itself is a lava plug left over from an ancient, long extinct volcano. This UNESCO site requires a moderate level of fitness to reach the summit, but once you do it is worth every second. You'll find sprawling palace ruins surrounded by an extensive network of gardens, reservoirs and cinematic views.

This afternoon, head to the Ritigala Mountain Monastery. Wander through peaceful forests on ancient pathways to the mysterious Ritigala ruins and learn the legend of how the unique ecosystem here was created by the Hindu god Hanuman. Along the way admire the birdlife, and cool down under the thick overhead canopy, as you discover staircases through the jungle, stone bridges, raised platforms and tranquil courtyards.

Ulagalla Resort / Meals BD**Day 5: Thirappane - Kandy (Aratenna)**

This morning you have a rare opportunity to practise alms giving to the local monks. You'll be invited into the home of a local family where you can assist (optional) in preparing a traditional meal of three to four dishes. You'll then join the family in 'Dana' — the practice of cultivating generosity — by giving the dishes to the village temple. Stay for a humbling sermon based on the teachings of Buddha, and allow the monks to bless you with cords around your wrist. As you enjoy your newly bestowed merit sample the breakfast dishes after the monks have finished.

Continue overland to Kandy, where you'll visit the Temple of the Sacred Tooth Relic. Observe a ritual performed by the resident monks to the sound of drums and the smells of incense and jasmine flowers. Afterwards, meet Rahju, a contemporary artist and musician in his private gallery. Allow him to show you how yoga and meditation form a large part of his creative process. Finally head out into the tranquil hills that surround the city to your luxury wellness retreat.

Santani Wellness Resort / Meals: BD

Days 6 & 7: Kandy (Aratenna)

Spend the next two days enjoying a gentle detox. Start each morning with a group Hatha Yoga session using asanas and breathing techniques to calm the body, mind and spirit. Your stay includes a personalised meal plan designed to detox the body. Options include a diet with raw juice & smoothies; an Ayurveda diet to balance the body's six tastes — sweet, salty, sour, pungent, bitter and astringent; a low-carbohydrate Keto diet; or hearty and traditional Sri Lankan fare. You'll also receive a daily wellness treatment as part of a program tailored to your specific needs.

During your stay, fill your lungs with fresh air and get the blood flowing as you explore the dramatic valleys and surrounding jungle. Whether by car, on foot or by bicycle, go in search of serene rivers, cascading waterfalls, natural pools, mesmerising birdlife and incredible vistas. For something less active opt to explore some local temples and villages or discover how tea leaves go from the plant to your cup at a tea factory.

You may like to indulge in additional Ayurvedic treatments or spa therapies of your choice (additional cost). Your wellness consultant can recommend a personalised therapy to relieve stress, gain mindfulness, detox and cleanse.

Santani Wellness Resort / Meals: BLD**Day 8: Kandy (Aratenna) - Colombo Airport**

Transfer to Colombo Airport for your onward flight.

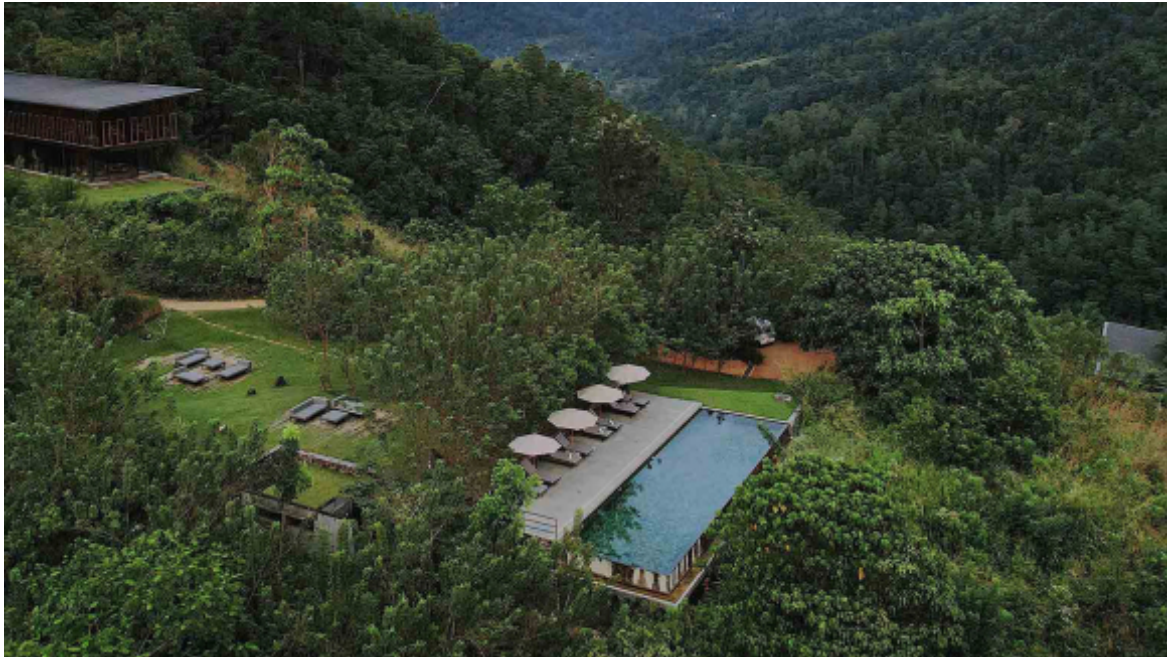
Meals: B

Map



Accommodation

Santani



Santani is a health and wellness resort set among Sri Lanka's rolling, verdant hills. An hour from Kandy, this former tea plantation occupies a beautiful swathe of tropical jungle and fertile paddy fields. The resort provides guests with a rejuvenating escape, and has been developed around the belief that sustainable wellness begins by finding balance between mind, body and nature.

Stylish and comfortable, Santani's 20 guest rooms are deliberately minimalistic to help encourage rest. Each elevated room boasts floor-to-ceiling windows, inviting natural light and the beauty of the surrounding landscape in. The private balconies command views to the distant mountains and make the perfect spot for quiet relaxation close to nature. A digital-detox approach is encouraged here, and while Wi-Fi is available on demand, the guest rooms do not include a television.

Dining plays a key role in the Santani experience, with personalised suggestions replacing printed menus. Experienced chefs will prepare delicious dishes based on your health goals and dietary preferences. The resort also features a beautiful spa, which boasts the first comprehensive hydrotherapy facility in Sri Lanka. You can unwind in the steam room, or admire the views of the surrounding hills from the sauna or the open-air

thermal salt pool. There are four private treatment rooms, each opening onto the lush paddy fields.

Why we like it

- Santani is Sri Lanka's first dedicated wellness resort
- Located on a former tea plantation, the resort occupies over 130 acres of tropical jungle
- Relax at the beautiful tri-level spa built into the natural contours of the landscape
- Meditate next to the Hulu River, practise yoga in the pavilion or enjoy a refreshing dip in the infinity pool

Ulagalla Resort



Set within 58 acres of private grounds, Ulagalla Resort promises tranquillity, luxury and wilderness within easy reach of the many attractions of Sri Lanka's Cultural Triangle. Expect to see monkeys, peacocks and elephants roaming around the superb eco-friendly hotel, as you enjoy the open-air spa, ravishing dining and serene villas.

The chalets are all built from local materials to harmonise with their surroundings. Comfort is maximised with air-conditioning, four-poster king-sized beds, en suite bathrooms with shower, and a separate lounge with a TV and dining table. All rooms come with a private plunge pool, except for two which have an in-room Jacuzzi.

At the heart of the resort is a century-old manor house, once the most important noble seat of the region. Home to the lobby, restaurant and bar, the beautifully renovated building overlooks the large pool and gardens. The grounds feature an organic garden, manicured beds and lawn and reclaimed paddy fields, which border two reservoirs dotted with lotus flowers and kumbuk trees – the hotel provides each villa with bicycles making it easy to explore. There's also an open-air day spa, riding stables with resident horses, and an archery field.

Why we like it

- 20 chalets – all but two have private plunge pools
- Immersed in a private 58-acre estate
- Explore the grounds on bicycles, which are provided in each villa
- Restored century-old manor house houses the restaurant and bar
- Serene open-air spa, riding stables and outdoor pool

The Wallawwa



Conveniently located just 15 minutes from Colombo airport, the Wallawwa is the ideal property to start or finish your Sri Lankan journey. Set amidst lovingly tended tropical gardens, the award-winning 18-bedroom country house hotel converted from a 200-year-old manor house is small and stylish, with beamed ceilings, colonnaded porches and traditional Sri Lankan furnishings.

The jungle pool is surrounded by tropical trees and shrubs and the Z Spa is a heavenly retreat for travel-weary bodies, with a particular focus on pre- and post-flight rest and relaxation. Therapists plan treatments to fit each guest's schedule.

The convivial open-sided restaurant, The Verandah, serves exquisite a la carte Asian Fusion cuisine throughout the day to tables overlooking the gardens. Innovative menus incorporate the finest local ingredients, and many of the fruits, vegetables and herbs used are plucked daily from the extensive kitchen garden.

Established over 200 years, The Wallawwa has one of the finest private gardens in Sri Lanka. The garden is a tranquil oasis and has a lovely swimming pool. Sample a rice body polish or a Balinese deep tissue massage in the Z Spa. Enjoy Asian Fusion cuisine on the restaurant verandah, overlooking the beautiful gardens.

Why we like it

- Serene and stylish bolthole close by the airport
- A team of butlers ensure service is of the highest standard
- The Z Spa team are flexible and cater to your specific arrival and departure times

- All rooms have four-poster beds and large rain showers
- Fresh and flavoursome Asian fusion cuisine

Abercrombie & Kent

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