



MIST & MOUNTAINS

Package Duration: 7 Nights / 8 Days

MAP OF SRI LANKA



YOUR ITINERARY

DAY 1: AIRPORT - NEGOMBO

- On arrival in Sri Lanka, please clear immigration, collect your luggage then proceed through the customs green channel to the arrival lobby. We will be waiting in the designated area with a paging board. You will then be escorted to the vehicle park for your transfer.
- Transfer from Airport to Negombo (Approx: 20Mins)
- **Overnight Stay at Hotel in Negombo**



DAY 2: NEGOMBO – KANDY (UDAWATTAKELLE)

- After breakfast proceed to Kandy (Approx: 4Hrs)
- **Evening Enjoy a Trekking at Udawattakelle:** Udawatta Kele Sanctuary or the Royal Forest Park of Kandy is situated on the hillside behind the Dalada Maligawa or the Temple of the Tooth Relic. This forest extends about 257 acres and is considered to be a vital Bio reserve for the much populated Kandy City. Centuries back, area surrounding Kandy had been a Rain Forest and the human settlements took place during the era of King Panditha Parakramabahu (1302-1326 AD) and in 1371 AD, King Wickramabahu made Kandy his Kingdom. During this era Kandy was called as "Senkadagala". This name came into being due to a Brahmin named Senkanda, who lived in a cave at Udawattakele during that era. During the Kandyan Kingdom, this forest area behind the palace was called " Uda wasala watta" or the 'Upper Palace Garden' frequented by the royalty and was out of bound to the people. Since the downfall of the Kandyan Kingdom in 1815, this forest area started to loose it's pristine condition due to wood cutting etc.



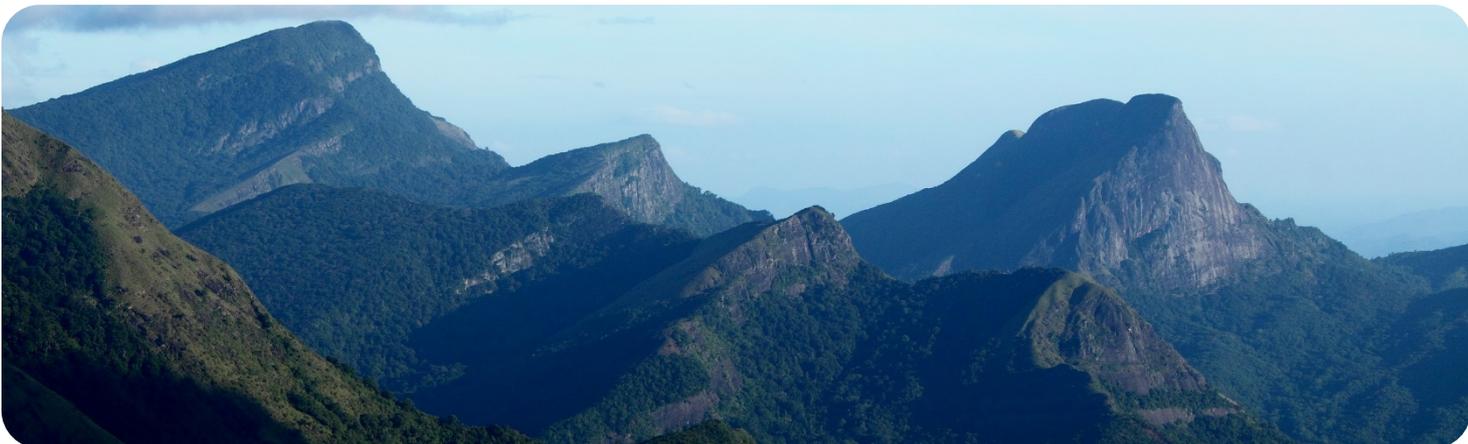
➤ **Overnight Stay at Hotel in Kandy**

DAY 3: KANDY - KNUCKLES

- After breakfast proceed to Knuckles (Approx: 2Hrs)
- **Enjoy a Full Day Trekking at Knuckles Mountain Range:** The Knuckles Mountain Range lies in central Sri Lanka, in the Districts of Matale and Kandy. The range takes its name from a series of recumbent folds and peaks in the west of the massif which resemble the knuckles of clenched fist when viewed from certain locations in the Kandy District. Whilst this name was assigned by early British surveyors, the Sinhalese residents have traditionally referred to the area as Dumbara Kanduvetiya meaning Mist-laden Mountain Range (Cooray, 1984). The higher montane area is often robed in thick layers of cloud. In addition to its aesthetic value, the range is of great scientific interest. It is a climatic microcosm of the rest of Sri Lanka as the conditions of all the climatic zones in the country are exhibited in the massif. At higher elevations there is a series of isolated cloud forests, harbouring a variety of flora and fauna. Although the range constitutes approximately 0.03% of the island's total area, it is home to a significantly higher proportion of the country's biodiversity. The isolated Knuckles range harbours several relict, endemic flora and fauna that are distinct from central massif. More than 34 percent of Sri Lanka's endemic trees, shrubs, and herbs are only found in these forests.



- Back to to hotel in Kandy
- **Overnight Stay at Hotel in Kandy**



DAY 4: KANDY – NUWARA ELIYA

- Breakfast at hotel
- Proceed to Nuwara Eliya & evening leisure at the resort (Approx: 2Hrs)
- **En-route Visit Tea Plantation:** Visit a working tea factory En route and watch the process of complete tea making. Situated in the heart of the tea growing region of Sri Lanka. A beautiful "little England" if we might say so. This beautiful little town has a very strong British influence. Little cottage type houses with neat rose gardens in front of them. A very pretty sight indeed. After a while of sightseeing of the Nuwara Eliya Town
- **Overnight Stay at Hotel in Nuwara Eliya**



DAY 5: NUWARA ELIYA – HORTON PLAINS

- Arrange a Packet breakfast from the hotel and proceed to Horton Plains (Approx: 45Mins)
- **Enjoy a Trekking at Horton Plains:** Horton Plains National Park is a protected area in the central highlands of Sri Lanka and is covered by montane grassland and cloud forest. This plateau at an altitude of 2,100–2,300 metres (6,900–7,500 ft) is rich in biodiversity and many species found here are endemic to the region. This region was designated a national park in 1988. The Horton Plains are the headwaters of three major Sri Lankan rivers, the Mahaweli, Kelani, and Walawe. In Sinhala the plains are known as Maha Eliya Plains. Stone tools dating back to Balangoda culture have been found here. The plains' vegetation is grasslands interspersed with montane forest and includes many endemic woody plants. Large herds of Sri Lankan sambar deer feature as typical mammals



and the park is also an Important Bird Area with many species not only endemic to Sri Lanka but restricted to the Horton Plains. Forest dieback is one of the major threats to the park and some studies suggest that it is caused by a natural phenomenon. The sheer precipice of World's End and Baker's Falls are among the tourist attractions of the park.

- Back to the hotel in Nuwara Eliya
- **Optional Climb at Adam's Peak**

(Appox: 2.5Hrs): The Sacred character of this mountain-peak of 7,360ft and its legends has brought many a visitor from many lands like Alexander the Great, Marco Polo, Ibn Battuta, on pilgrimage here. The trails and traditions along these routes are as old as time itself, with legends so hoary that history has no knowledge of them. History of Adam's peak runs back to 2100 years to the reign of King Valagambahu (104 – 76 BC) who



made the discovery of the sacred foot. *(Climb should start at about 2.00am – Early in the morning & it will take around 6 hours for both ways)*

- **What to Bring:** The night hike is preferred because the weather is more pleasant as it can get hot during the day. In the early morning however, after sweating on the way to the top, it can get cold & windy on top so there's little sense in getting to the top too long before the dawn & then having to sit around shivering.
- **Clothes:** Bring warm layers of clothes in any case, including something extra to put on when you get to the summit. Some pilgrims wait for priests to make a morning offering before they descend, but the sun quickly rises & the heat does too, so it pays not to stay around too long. First-timers usually wear white cloth on their heads.
- **Shoes:** If it rains it can get quite slippery towards the bottom of the mountain; wear light and comfortable shoes with a good grip to avoid falling.
- **Food and Beverage:** As there are plenty of small shops along the way, filling your bags with water and food is unnecessary during high pilgrimage season. If you're hiking out of season though, always bring some water with you and enough food to get you through.
- **Accessories:** In case you're travelling out of pilgrimage season, bring a torch light with you as some parts of the way may be dark.
- **First Aid Kit:** First aid facilities not being much available along the path, it is recommended to bring your own safety kit in case of emergency.

➤ **Overnight Stay at Hotel in Nuwara Eliya**

DAY 6: NUWARA ELIYA – UDAWALAWE

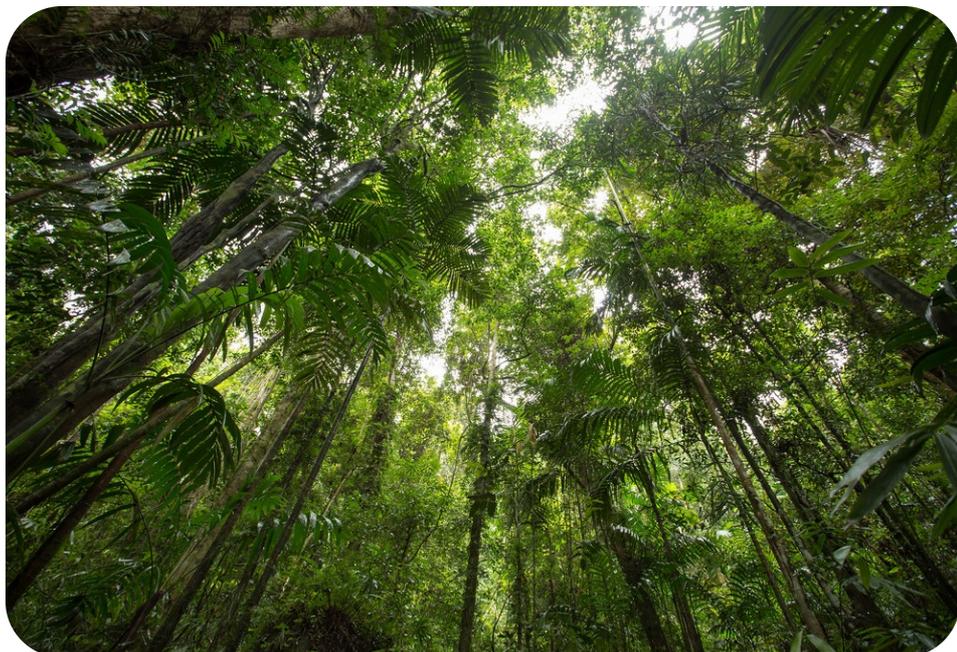
- After breakfast proceed to Udawalawe (Approx 4Hrs)
- **Evening Enjoy a Game Drive at Udawalawe National Park:** Udawalawe lies on the boundary of Sri Lanka's wet and dry zones. Plains dominate the topography, though there are also some mountainous areas. The Kalthota Range and Diyawini Falls are in the north of the park and the outcrops of Bambaragala and Reminikotha lie within it. The park has an annual rainfall of 1,500 millimeters (59 in), most of which falls during the months of October to January and March to May. The average annual temperature is about 27–28 °C (81–82 °F), while relative humidity varies from 70% to 82%. Well-drained reddish-brown soil is the predominant soil type, with poorly drained low humic grey soils found in the valley bottoms. Mainly alluvial soils form the beds of the water courses



➤ **Overnight Stay at Hotel in Udawalawe**

DAY 7: UDAWALAWE – SINHARAJA – BENTOTA

- After breakfast proceed to Sinharaja (Approx: 3Hrs)
- **Enjoy a Trekking at Sinharaja Rain Forest Reserve:** Sinharaja Forest Reserve is a national park and a biodiversity hotspot in Sri Lanka. It is of international significance and has been designated a Biosphere Reserve and World Heritage Site by UNESCO. According to International Union for



Conservation of Nature (IUCN), Sinharaja is the country's last viable area of primary tropical rainforest. More than 60% of the trees are endemic and many of them are considered rare. The hilly virgin rainforest, part of the Sri Lanka lowland rain forests ecoregion, was saved from the worst of commercial logging by its inaccessibility, and was designated a World Biosphere Reserve in 1978 and a World Heritage Site in 1988. The reserve's name translates as Lion Kingdom. The reserve is only 21 km (13 mi) from east to west, and a maximum of 7 km (4.3 mi) from north to south, but it is a treasure trove of endemic species, including trees, insects, amphibians, reptiles, birds, and mammals.



- Thereafter proceed to Bentota (Approx: 3.5Hrs)
- **Overnight Stay at Hotel in Bentota**

DAY 8: BENTOTA - AIRPORT

- After breakfast proceed to Airport for departure (Approx: 2.5Hr)

- END OF TOUR -



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