

ALICIA COOK

Gateway Travel

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TAILORMADE

Sri Lanka Wellness Escape

8

DAYS

Nov-Mar

BEST TIME TO GO

\$5,895

PRICE FROM

Bookend laid-back beach stays at idyllic Hikkaduwa and Tangalle with meditative hikes and spiritual blessings in the Highlands on a wellness journey through southern Sri Lanka.

✦ Re-energize with sunrise yoga, centering your breath while soaking up the views

✦ Experience true tranquility on a mindful walk in Lunuganga, an oasis-like garden at Geoffrey Bawa's Estate in Bentota

✦ Discover Galle Fort with an archaeologist guide, followed by tea with a local family and a monk's blessing at a temple

✦ Hike one of the most scenic sections of the Pekoe Trail, beginning at a Buddhist temple in Makulella

✦ Learn to meditate with a resident monk at the Mahamevnawa Buddhist Monastery

✦ Swim and surf off the Indian Ocean beaches of Hikkaduwa and Tangalle

Suggested Itinerary

Arrive Colombo, Sri Lanka

Just north of the historic city of Galle, the surfers' paradise of Hikkaduwa centers around its long, golden beach, backed by buzzy restaurants and gazing out towards the Hikkaduwa Marine National Park — a sheltered lagoon and honeypot for divers.

Bentota | Lunuganga

After a morning yoga session, journey into the countryside to tour the artistry and gardens of Lunuganga, architect Geoffrey Bawa's estate in Bentota. Here, gain special insider access to the home of one of Asia's most prolific and influential architects, exploring how Bawa spent 40 years transforming this former abandoned rubber estate into a tropical paradise of elegant gardens and lily ponds set against the backdrop of scenic Dedduwa Lake.

🧘 BREAKFAST

Galle | Iconic Fort

Trek through the peaceful Sinharaja Rainforest Reserve, the largest in Sri Lanka where many of the trees are endemic. In nearby Galle, Galle Fort is perched on an imposing promontory and blends an eclectic mix of architectural influences. Stroll the fort's walls, learning the ins and outs of its storied Portuguese and Dutch colonial history. A local family who have lived in the fort for generations welcomes you for afternoon tea. Then, receive a Buddhist blessing at a temple located within the fort.

🧘 BREAKFAST

Bandarawela | Mist-Shrouded Highlands

Around the town of Bandarawela, shady forests and thick jungle conceal thundering waterfalls and soul-soothing vistas of Little Adam's Peak; the mist-shrouded hills of the Highlands offer a cool respite from the sultry heat of the coast.

🧘 BREAKFAST | LUNCH | DINNER

Bandarawela | Hiking Pekoe Trail

Lace up your hiking shoes to tackle Stage 15 of the Pekoe Trail, starting at a Buddhist temple in Makulella and winding through tea bushes as you ascend Ella Rock.

🧘 BREAKFAST | LUNCH | DINNER

Bandarawela | Guided Meditation

After your morning yoga, visit the tranquil Mahamevnawa Buddhist Monastery for a transformative guided meditation session led by a resident monk.

🧘 BREAKFAST | LUNCH | DINNER

Tangalle | Calming Waters

A low-key coastal destination with sweeping, sanding bays backed by swaying palm trees, Tangalle offers one of the south coast's most blissful retreats. Sheltered coves offer calm waters for swimming, while a wealth of attractions — from the Hummanaya blow hole and the rock temples of Mulkirigala to the turtle-nesting beach at Rekawa — make for diverse day trips.

🧘 BREAKFAST

Depart Tangalle

🧘 BREAKFAST

DATES & PRICES

Plan Your Trip

- Prices are in USD, per person, based on double occupancy.
- Jan-Apr: Priced from \$5,895
- May-Jun: Priced from \$5,495
- Jul-Aug: Priced from \$5,895
- Sep-Oct: Priced from \$5,495
- Nov-Dec: Priced from \$5,895
- Prices are per person, double occupancy based on 2026 rates and subject to change.



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