

# RAMAYANA HIGHLIGHTS TOUR IN SRI LANKA

07 NIGHTS / 08 DAYS SPIRITUAL JOURNEY

## OVERALL PACKAGE DESCRIPTION

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Embark on a profound spiritual journey through Sri Lanka, tracing the legendary footsteps of Lord Rama from the ancient Hindu epic, the Ramayana. This 8-day tour takes you to sacred sites believed to be connected to Lord Rama's quest to rescue Sita from King Ravana. Visit historic temples including Munneswaram, Koneshwaram, Seetha Amman Temple, and Gayathri Peedam, explore the magnificent Sigiriya Rock Fortress and Dambulla Cave Temple, experience the cultural heart of Kandy, and conclude with relaxation on the beautiful southern coast at Beruwela. This tour combines spiritual enlightenment with Sri Lanka's cultural treasures and natural beauty, staying at carefully selected 4-5 star hotels.

## DAILY ITINERARY

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### Day 1: Airport – Chilaw – Dambulla

**Arrival:** Meet your representative from Lavish Travels & Tours at Colombo International Airport.

#### Journey to Dambulla via Chilaw:

- Transfer to Chilaw (approx. 55 km - 1 hour from airport)
- Visit Munneswaram Temple

**Munneswaram Temple - Ramayana Connection:** Munneswaram means "the first temple for Shiva" (Munnu + Easwaran). It is believed that Lord Rama stopped here while returning to Ayodhya with Sita in King Ravana's vimana. He felt followed by "Bramhaasthi dosham" (malevolent shadow) for killing Ravana, a Brahmin. When the vimana vibrated over Munneswaram, the dosham stopped following. Lord Shiva advised Rama to install and pray at four lingams - at Manavari (5 km from here), Thiru Koneshwaram, Thiru Ketheshwaram, and Rameshwaram in India - as the only remedy.

- Continue to Dambulla (approx. 135 km - 3.5 hours from Chilaw)
- Check in at Amaya Lake Hotel
- Afternoon free at leisure

**Overnight:** Dambulla

## Day 2: Dambulla – Trincomalee – Dambulla

**Morning:** Depart for Trincomalee (approx. 80 km - 2 hours).

**Activities:**

- Visit Koneshwaram Temple

**Koneshwaram Temple - Ramayana Connection:** Myths associate this temple with the Ramayana and Lord Rama. Developed between 300-1600 CE by Tamil Pandyan and Chola empires, it became one of the most important Dravidian architectural buildings. The temple was largely destroyed by Portuguese colonials in 1624 CE. A successor temple was built at Ati Konanayakar in Tampalakamam in 1632 CE. In the 1950s, the original temple ruins were discovered underwater beside Swami Rock. This is one of the four lingams Lord Rama was advised to install.

- Explore the historic temple complex
- Learn about its significance in the Ramayana epic
- Late evening return to Dambulla

**Overnight:** Dambulla

## Day 3: Dambulla – Sigiriya – Dambulla – Kandy

**Early Morning:** Proceed to Sigiriya (approx. 12 km - 10 minutes).

**Activities:**

- Climb Sigiriya Rock Fortress (UNESCO World Heritage Site)
- Built by King Kashyapa (477-495 AD)
- View the famous frescoes of beautiful maidens (19 remaining of original 500)
- See the Lion platform with massive paws
- Explore Water Gardens and Mirror Wall with ancient graffiti
- Visit the 1.6-hectare summit with royal citadel remains
- Return to Dambulla and explore Dambulla Cave Temple

### **Dambulla Cave Temple Highlights:**

- First Century BC Rock Temple
- 47-foot recumbent Buddha image cut from rock in Cave 1
- Cave 2: 150 life-size Buddha statues in various postures
- Ancient frescoes depicting Buddha's life and Sinhalese history
- Sheltered King Walagamba during 14 years of exile
- Continue to Kandy (approx. 90 km - 3 hours)
- Check in at hotel
- Late evening visit to Temple of the Tooth Relic (Dalada Maligawa)
- View the sacred Tooth Relic of Buddha (brought from India in 4th century AD)
- Explore the 16th-century temple complex with Golden Canopy

**Overnight:** Kandy

### **Day 4: Kandy – Hasalaka – Kandy**

**Morning:** Travel to Hasalaka (approx. 65 km - 1 hour 45 minutes).

### **Activities:**

- Visit Seetha Kotuwa

**Seetha Kotuwa - Ramayana Connection:** Sita Devi was kept in Queen Mandothari's palace before being moved to Sita Kotuwa and then to Ashoka Vatika. This place is now called Sita Kotuwa, meaning "Sita's Fort," named after Sita Devi's stay here. The remains found are remnants of later civilizations.

- Return to Kandy
- Brief city tour of Kandy including:
  - Kandy Lake and surrounding views
  - Royal Palace remains
  - Cultural and historical landmarks

**Overnight:** Kandy

### Day 5: Kandy – Nuwara Eliya

**Morning:** Depart for Nuwara Eliya (approx. 90 km - 3 hours).

#### En-route Activities:

- Visit Bhakta Hanuman Temple (24 km from Nuwara Eliya)

**Bhakta Hanuman Temple - Ramayana Connection:** This temple features a 16-foot tall statue of Lord Hanuman made from black granite. It is considered the sacred place where Hanuman set foot in Kothmale while searching for Sita. Hanuman is said to have organized his battle against Ravana in the Kothmale area. The temple is situated on a hill overlooking Kothmale Reservoir with magnificent mountainous views.

- Continue to Nuwara Eliya (approx. 60 km - 1.5 hours)
- Visit Gayathri Peedam

**Gayathri Peedam - Ramayana Connection:** This is believed to be where King Ravana's son Meghanath propitiated Lord Shiva with penance and poojas, receiving supernatural powers in return. The Gayathri Cathedral, also known as Sri-Lanka Theeswarar Temple, is located in an area called Sri-Nagar, meaning "Metropolis of Prosperity."

- Check in at Grand Hotel, Nuwara Eliya

**Overnight:** Nuwara Eliya

## Day 6: Nuwara Eliya – Beruwela

**Morning:** Visit Seetha Amman Temple (approx. 4 km - 15 minutes).

**Seetha Amman Temple - Ramayana Connection:** *Seetha Eliya stream runs from the hill and catered to Sita Devi's needs during her stay at Ashok Vatika. She is said to have bathed in this stream. About a century ago, three idols were discovered in the stream, including that of Sita. The temple houses idols of Lord Rama, Sita Devi, Lakshmana, and Hanuman. Interestingly, footprints resembling Lord Hanuman's are found by this river - some small, some large - indicating Hanuman's power to transform into any size.*

### Activities:

- Pay respects at the temple dedicated to Sita, Rama, Lakshmana, and Hanuman
- View the sacred stream where Sita bathed
- See Hanuman's footprints of varying sizes
- Depart for Beruwela on the South Coast (approx. 5 hours)
- Check in at Cinnamon Bey Hotel
- Afternoon free at leisure by the beach

**Overnight:** Beruwela

## Day 7: Beruwela – Madu River – Beruwela

**Morning:** Proceed to Madu River for boat excursion.

### Madu River Boat Safari Highlights:

- Explore the shallow water body and complex coastal wetland ecosystem
- Visit Buddhist Kothduwa Temple on an isolated island
- Navigate through pristine mangrove forests
- Observe 303 species of plants belonging to 95 families
- Spot various species from 248 vertebrate animals
- Learn about the historic 1803 Amarapura Nikaya Buddhist ordination ceremony
- Excursion duration: approx. 3 hours
- Return to hotel

- Evening free at leisure by the beach

**Overnight:** Beruwela

**Day 8: Beruwela – Airport Departure**

**Morning:** Enjoy breakfast and check out.

**Activities:**

- Private transfer to Colombo International Airport (approx. 1.5 hours)

**Departure:** End of spiritual journey

**RAMAYANA SITES SUMMARY**

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Sacred locations visited on this spiritual journey:

Day	Ramayana Site	Significance
1	Munneswaram Temple	First lingam installed by Lord Rama to remove Bramhaasthi dosham

2	Koneshwaram Temple	One of four lingams installed by Lord Rama; ancient Dravidian temple
4	Seetha Kotuwa	Sita's Fort - where Sita was held before Ashoka Vatika
5	Bhakta Hanuman Temple	Where Hanuman set foot while searching for Sita
5	Gayathri Peedam	Where Ravana's son Meghanath received powers from Lord Shiva
6	Seetha Amman Temple	Stream where Sita bathed; Hanuman's footprints visible

**SUMMARY OF ACTIVITIES & ENTRANCE FEES**

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Estimated entrance fees for major attractions (per person):

Activity/Site	Entrance Fee (USD)
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Munneswaram Temple	3
Koneshwaram Temple	3
Sigiriya Rock Fortress	35
Dambulla Cave Temple	3
Temple of the Tooth (Kandy)	10
Royal Botanical Garden	12
Pinnawala Elephant Orphanage	15
Bhakta Hanuman Temple	3
Gayathri Peedam	3



Seetha Amman Temple	3
Dewram Wehera Rajamaha Viharaya	3
<b>ESTIMATED TOTAL ENTRANCE FEES</b>	<b>70</b>

*Note: Temple entrance fees are typically free but donations are customary and appreciated. Major archaeological sites require entrance fees. Rates subject to change.*

## HOTEL ACCOMMODATIONS BY CITY

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Premium 4-5 star hotels along the itinerary:

City	Hotel Name	SUPPLEMENTS & NOTES
Dambulla	Amaya Lake	No Supplementry
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Kandy	Amaya Hills	Premium Deluxe Per room per night 40 USD

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Nuwara Eliya	Grand Hotel	Queen Elizabeth Room: 175 USD
Colombo	Cinnamon Grand Hotel	No Supplementary

**Hotel Websites:**

- Amaya Lake Dambulla: <https://www.amayaresorts.com/amayalake/>
- Amaya Hills Kandy: <https://www.amayaresorts.com/amayahills/>
- Grand Hotel Nuwara Eliya: <https://thegrandhotelnuwaraeliya.com/>
- Cinnamon Bey Beruwela: [www.cinnamonhotels.com/cinnamonbeyberuwala](http://www.cinnamonhotels.com/cinnamonbeyberuwala)

## TOUR SUMMARY

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- Day 01: Airport / Chilaw / Dambulla
- Day 02: Dambulla / Trincomalee / Dambulla
- Day 03: Dambulla / Sigiriya / Dambulla / Kandy
- Day 04: Kandy / Hasalaka / Kandy
- Day 05: Kandy / Nuwara Eliya
- Day 06: Nuwara Eliya / Beruwela
- Day 07: Beruwela / Madu River / Beruwela
- Day 08: Beruwela / Airport Departure

## PRICING INFORMATION

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**Note:** Pricing tables to be completed based on season and group size. Standard categories include:

Category	2 PAX (USD)	6 PAX (USD)	12 PAX (USD)	24+ PAX (USD)
Per Person Sharing (Double Room)	1054	110	1088	1032
Per Person Sharing (Triple Room)	987	133	1021	965
Single Room Supplement	395	395	395	395
Child Sleeping with Extra Bed (40% discount)	422	440	435	412
Child Sleeping without Extra Bed (25% discount)	264	275	272	258

## COST INCLUDES

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- ✓ Meet & greet services at the airport
- ✓ Transportation in air-conditioned vehicle as per itinerary
- ✓ Hotel accommodation on Half Board basis (Dinner & Breakfast)
- ✓ English-speaking chauffeur guide (up to 6 pax) or National guide (7+ pax)
- ✓ 2 x 500ml mineral water bottles per guest daily
- ✓ All applicable taxes
- ✓ Lunch throughout the tour (estimated USD 105 per person)
- ✓ Entrance fees to sites (estimated USD 93 per person)

## COST DOES NOT INCLUDE

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- ✗ Camera and video permits
- ✗ Beverages (alcoholic and non-alcoholic)
- ✗ Air fare and visa fees
- ✗ Any additional visits or activities not mentioned
- ✗ Early check-in / late check-out charges
- ✗ Tips and gratuities
- ✗ Travel insurance
- ✗ Personal expenses and temple donations

## IMPORTANT NOTES

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- Itinerary sequence may change with/without prior notice to ensure smooth tour operations
- Entrance fees subject to government revision - increases to be borne by guests
- All reservations subject to availability at time of booking
- Prices subject to tax changes imposed by Sri Lankan Government/authorities
- No refund for unutilized services or stays
- Drive times are approximate and subject to change
- Climate conditions beyond our control
- Liquor not served on Full Moon Poya Days (Buddhist holy days)
- Standard check-in: 14:00 hrs / Check-out: 12:00 hrs
- Bank charges outside Sri Lanka on account of remitter
- Itinerary may change based on flight arrival/departure times
- Modest dress required at all temples and religious sites
- Shoes must be removed before entering temple premises

## SPECIAL NOTES FOR RAMAYANA TOUR

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- **Spiritual Significance:** This tour is designed for devotees and those interested in the Ramayana epic
- **Temple Etiquette:** Respectful behavior, modest clothing, and adherence to temple customs expected
- **Donations:** While most Ramayana temples have free entry, donations are customary
- **Photography:** Some temples restrict photography inside sanctums; please follow guidelines
- **Best Time:** Year-round, but particularly auspicious during Hindu festivals
- **Physical Activity:** Moderate walking and climbing involved at temple sites

## CONTACT INFORMATION

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