

Sri Lanka

A signature Experience for Self Discovery

Nurture your mind, body and soul in Green Spaces



06 N/7 Days

Guest Name	
Country	
No of Adults	
Room Type	
Arrival	
Departure	

Destinations	Airport – Kandy - Airport
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Time in green spaces

Across multiple studies, researchers have found a fascinating link between access to green space, such as fields, forests, parks and gardens, and a reduced risk of mental health problems, improved mood, and increased life satisfaction. Further it help to reduce stress, increase physical activity, and supports better physical health. Research shows that green spaces could play an important role in protecting and promoting mental health.

Travel Itinerary

<u>Days</u>	<u>Itinerary</u>
Day 1 Kandy	Airport – Kandy – 3 to 4 hour drive – Stay at a Wellness Retreat in Kandy On Arrival, you will meet with our representative at the Airport & proceed to Kandy. You will check-into the hotel in Kandy & relax. Dinner & Overnight stay

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<p>Day 2 Kandy</p>	<p>Kandy – Stay at a Wellness Retreat in Kandy</p> <p>After breakfast you will relax in the hotel.</p> <p>Activates</p> <ul style="list-style-type: none">❖ Yoga practices and meditation sessions led by expert instructors❖ Time in Green space – connect with nature <p>Dinner & Overnight stay.</p>
<p>Day 3 Kandy</p>	<p>Kandy – Stay at a Wellness Retreat in Kandy</p> <p>After breakfast you will relax in the hotel or opt to indulge in nature activities.</p> <p>Activates</p> <ul style="list-style-type: none">❖ Yoga practices and meditation sessions led by expert instructors❖ Santani River Walk❖ Bird Watching <p>Dinner & Overnight stay.</p>
<p>Day 4 Kandy</p>	<p>Kandy – Stay at a Wellness Retreat in Kandy</p> <p>After breakfast you will relax in the hotel.</p> <p>Activates</p> <ul style="list-style-type: none">❖ Yoga practices and meditation sessions led by expert instructors❖ Ayurveda massage treatments <p>Dinner & Overnight stay.</p>
<p>Day 5 Kandy</p>	<p>Kandy – Stay at a Wellness Retreat in Kandy</p> <p>After breakfast you will relax in the hotel or opt for activates.</p> <p>Activates</p> <ul style="list-style-type: none">❖ Mountain Biking One of the best ways to experience the beauty of the surroundings is to go on a long scenic bike ride, which gives you the opportunity to ride on tea-estate jeep roads and single tracks with stunning mountain views.❖ Or Hanging bridge and the Narampanawa temple walk <p>Dinner & Overnight stay.</p>

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Day 6 Kandy	<p>Kandy – Stay at a Wellness Retreat in Kandy After breakfast you will relax in the hotel.</p> <p>Activates</p> <ul style="list-style-type: none"> ❖ Yoga practices and meditation sessions led by expert instructors ❖ Ayurveda massage treatments <p>Dinner & Overnight stay.</p>
Day 7 Airport	<p>Kandy – Airport – 3 hours After Breakfast, you will proceed to the airport.</p> <p>En-route visits</p> <ul style="list-style-type: none"> ❖ Kandy City ❖ Temple of the Tooth Relic ❖ Royal Botanical Gardens <p>Later, You will be transferred to the airport with happy memories.</p>

Hotel Selections - 6 Nights /7 Days – Sri Lanka Wellness Tour	
Day 1 to 7	Kandy – Stay at a Wellness Retreat in Kandy – 6 Nights
Day 7	Airport

Price for Sri Lanka Tour

Price based on Single /Double Rooms - below mentioned meal plan + Transport	
Rates Valid from 1 July 2023 to 30 April 2024	
Based on 1 pax	2820 USD nett – (travel by A/C Car)
Based on 2 pax	2600 USD nett per person – (travel by A/C Car)
Based on 4 pax	2200 USD Nett Per Person (travel by A/C Van)
Based on 6 pax	2100 USD Nett Per Person (Travel By A/C Van)

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Below are the Entrance Fees Cost as per the Government – subject to change - Clients can buy this on Site , pay in LKR or USD

Site visits are optional and due to actual travel timing's, all site visits may not be possible to do. Discuss with the driver.

❖ Royal Botanical Gardens	15.00 USD nett per person
❖ Temple of the tooth relic	10.00 USD net per person

Terms and Conditions /Payment procedure

PACKAGE INCLUDES:

- ❖ Welcome assistance at the Airport
- ❖ Accommodation on Single or Double Rooms
- ❖ Full Board Meal plan
- ❖ Transportation by Private A/C Bus
- ❖ All Government Taxes

PACKAGE EXCLUDES:

- ❖ Entrance tickets to site visits
- ❖ Some Activities mention in the itinerary as its optional
- ❖ Expenses of a personal nature
- ❖ Mineral and Alcoholic beverages
- ❖ Any other services other than those specified
- ❖ Extra Ayurveda Treatments
- ❖ Driver Tips

Rate inclusions :

- ❖ Accommodation in a Mountain view chalet
- ❖ Full-board gourmet meals per day,
- ❖ Unlimited fresh juices and herbal tea,
- ❖ Access to spa facilities such as sauna, steam, salt bath, etc,
- ❖

Note – Rooms are Subject to availability at above mention Hotel

Booking Procedure & Payment Terms

- ❖ You need to send us the Booking confirmation and copies of the flight details, passport and vaccine cards
- ❖ We will proceed with the arrangements and send you a travel service confirmation voucher
- ❖ You will make an advance payment of 20% and confirm the booking. Balance two weeks prior to arrival or on arrival.

Visa for Sri Lanka

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Nationals of 77 countries can enter Sri Lanka as holidaymakers without a prior visa and remain 30days with Payment of Visa Fees - Further details please refer website

<http://www.eta.gov.lk/slvisa/>

Covid 19 – travel Procedures

Passengers taken both vaccinations are free to travel

https://www.serenevacation.com/wellness/green_spaces.pdf