



PickMyJourney

AYURVEDA & WELLNESS

08 Nights | 09 Days



DAY 01 Airport – Sigiriya THE ROCK FORTRESS

(170 Km 05Hrs)

- Welcome at the Airport.
- Transfer to Sigiriya. En route visit Spice Garden & Elephant Orphanage.
- Check in to the Resort.
- Dinner at the Resort.
- Overnight Stay at [Sigiriya Village](#) Resort in Sigiriya.



Sightseeing

- Pinnawala Elephant Orphanage.
- Spice Garden.

DAY 02 - 04 SIGIRIYA

WELLNESS

- Daily Breakfast & Dinner at the Resort.
- 03 Days Ayurveda Wellness Programme at the Resort.
- Overnight Stay at [Sigiriya Village](#) Resort in Sigiriya.



Sightseeing - OPTIONAL

- Dambulla Cave Temple.
- Sigiriya Rock Fortress.
- Elephant Safari.

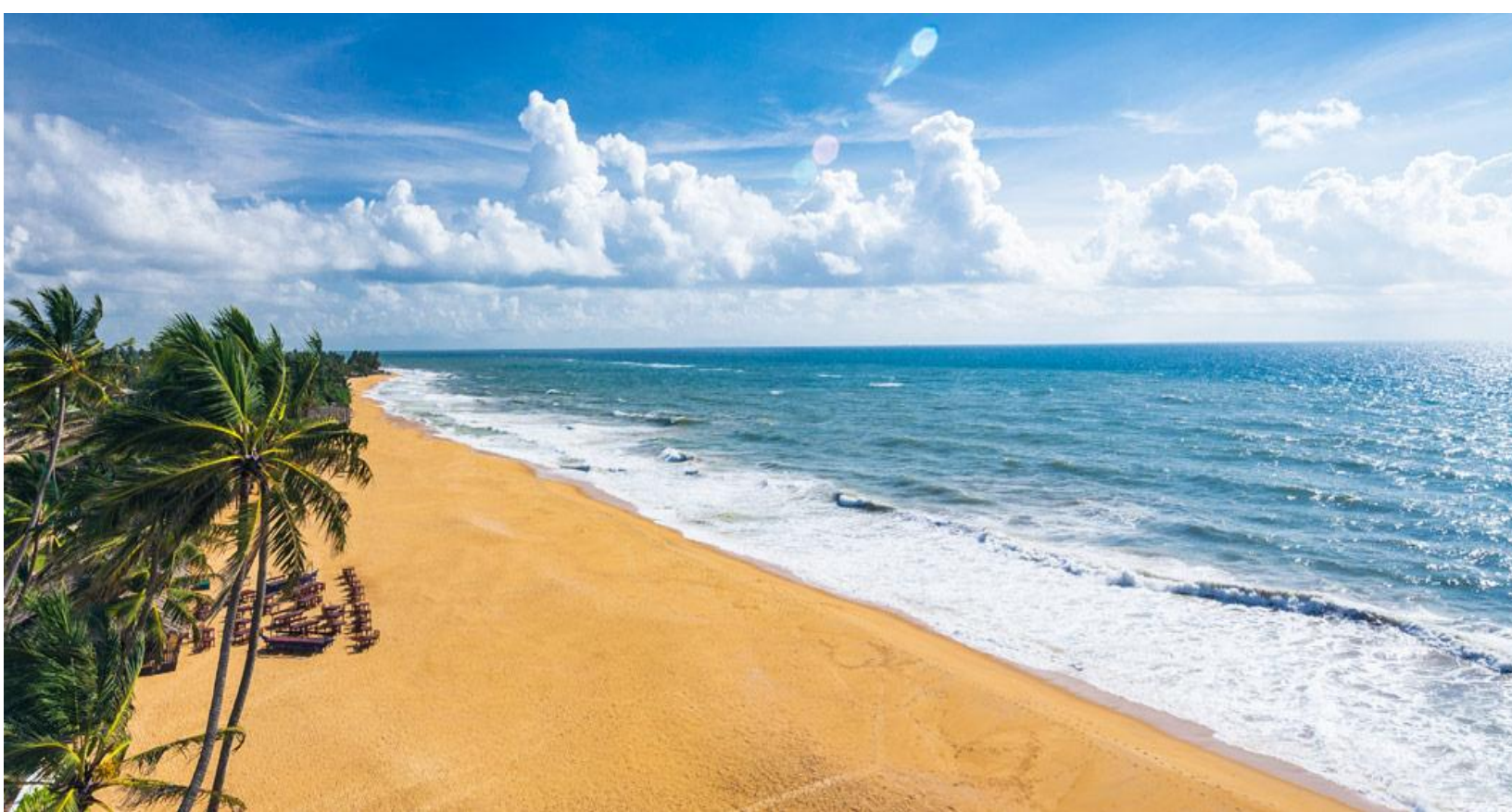
DAY 05 Sigiriya – Bentota

THE BEACH

(240 Km 06Hrs)

- Breakfast at Hotel.
- Transfer to Bentota.
- Check in to the Resort.
- Overnight stay at The Palm Resort in Bentota.

Bentota – Is a resort town on Sri Lanka’s southwest coast. Its long Bentota Beach stretches north, where it becomes a sandy strip known as Paradise Island, parallel to Bentota Lagoon. Coral-rich dive sites include Canoe Rock. On Bentota River, centuries-old Galapota Temple has a large Buddha statue.



DAY 06 - 08 Bentota

MIND & BODY RELAXATION

- Daily Breakfast & Dinner at the Resort.
- 03 Days Ayurveda Wellness programme.
- Sightseeing - **OPTIONAL**.
- Overnight Stay at AVANI BENTOTA Resort in Bentota.



Sightseeing - **OPTIONAL**

- Turtle Hatchery.
- Madu River Boat Safari.
- Water Activities.

DAY 09 Bentota – Airport

DEPARTURE

(110KM – 3Hrs)

- Breakfast at Hotel.
- Transfer to Airport.
- Fly Back Home with Unforgettable Memories!!!!

END OF TOUR!



RESORTS USED



SIGIRIYA – SIGIRIYA VILLAGE 4*



BENTOTA – THE PALM RESORT 5*