



TOUR ITINERARY

2ND SEPTEMBER - 15TH SEPTEMBER 2024



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MAP OF SRI LANKA & ROUTE



MIRIS TRAILS CULINARY TOUR OF SRI LANKA

2nd September – 15th September 2024



Day 1: 02 Sept - Negombo

Accommodation : Jetwing Beach
Room type : Deluxe
Basis : Half Board basis (Welcome Dinner)

Ayubowan Welcome to Sri Lanka...

On arrival in Bandaranaike International airport, you will be warmly greeted and transferred to the hotel in Negombo (Approx. 20 mins).

In the evening, join Sonali on the beach for a welcome cocktail, followed by a wonderful dinner.

Interesting Facts: *Negombo: a famous fishing village north of Colombo, with a Dutch built Canal. The canal itself is a hive of activity with fishermen traveling up and down in their coloured painted boats. On the shores of the canal, you will find many homes and many species of birds including spectacular Kingfishers.*

Catamaran trips in the sea and boat trips in canal can be organized. From November to April, diving facilities are available in this quaint village. The streets on either side of the Hotels are dotted with Souvenir Shops, Restaurants etc.



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Day 2: 03 Sept - Negombo

Accommodation : **Jetwing Beach**
Room type : Deluxe
Basis : Half Board basis (Breakfast, Lunch – Cooking Class, Dinner)

07:30 am

You will be taken to the Lelama, the famous fish market in Negombo, with the executive chef of Jetwing Beach. In here you would be able to witness fish auctions on the beach and purchases at the market.

Cooking Class

Once you return to the hotel, you will commence your cooking class. Today, you will learn how to make -

String Hoppers – this consists of rice flour pressed into noodle form and then steamed.

Negombo Prawn Curry,

Malu Mirisata - Fish Curry,

Dhal /Parippu – Lentil Curry

Pol Sambol – Freshly grated Coconut Sambol

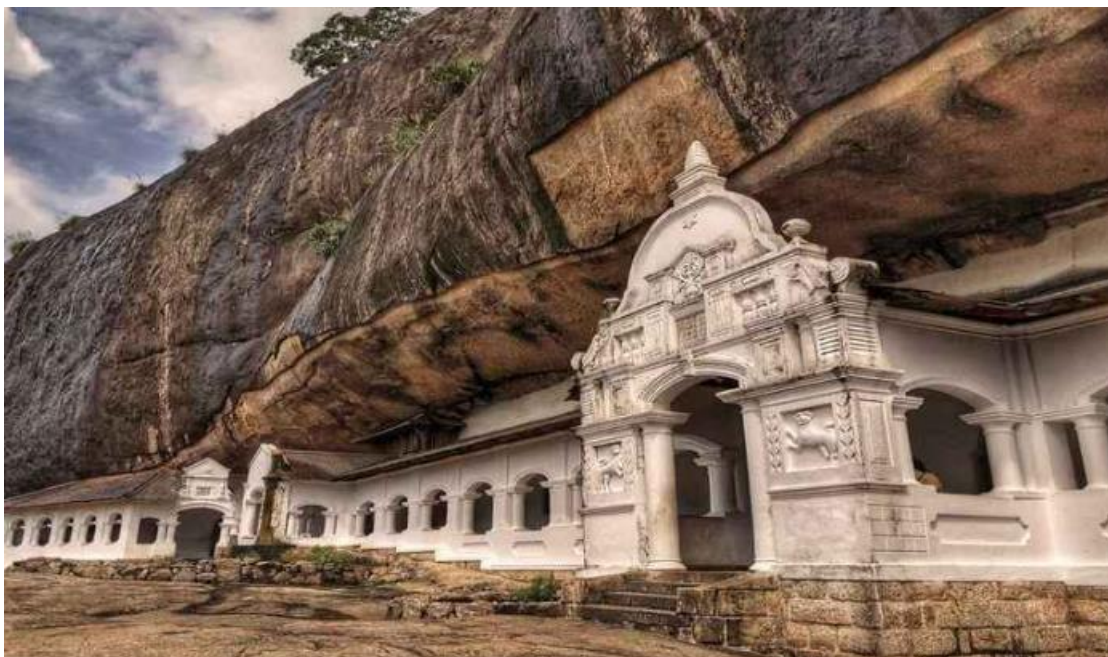


Accommodation : **Jetwing Vil Uyana**
Room type : Paddy Dwelling or Like
Basis : Half Board basis (Breakfast, Dinner)

Spend the afternoon at leisure enjoying the hotel facilities.

Optional Activity - Dambulla cave temples – It is a UNESCO world heritage site and is the largest cave monster in the country with a history going back to the 1st century BC. They are laid out as a maze of caves of which a handful is well worth a sighting.

Approx US \$13 per person



Day 4: 05 Sept - Sigiriya

Accommodation : **Jetwing Vil Uyana**
Room type : Paddy Dwelling or Like
Basis : Half Board basis (Breakfast, Lunch – Cooking Class, Dinner)

07.30 am

This morning you will be taken to a farmer's market and a central trading hub in Dambulla (Approx. 15 mins drive time one way).

Cooking Class

Once you return to the hotel, begin your cooking class.

Pittu – this consists of firm cylinders of steamed ground rice with layers of coconut.

Lunu Miris – Salty Onion, Chilli Sambol

Dangassu Beef Curry – Smoked Beef Curry

Lake Fish curry



Sigiriya rock fortress - The Sigiriya rock was built in the 5th Century during the reign of King Kasyapa (477-495 AD) Sigiriya is commonly called the 'Fortress in the Sky' and is probably the most fantastic wonder of Sri Lanka. It is also known as Lion Rock because of the huge lion that used to stand at the entrance to the Palace on the summit of the 600-foot rock.

Minneriya National Park – It is reputed for its large population of elephants in herds of 100 – 150 roaming in the jungle and seen in the catchment area of the lake. Other wildlife that can be sighted include wild buffaloes, wild boar, spotted deer, sloth bear, sambhur, leopards, crocodiles, jackals, nice species of amphibians, 25 kinds of reptiles, 160 species of birds, 26 varieties of fish and 78 varieties of butterflies.



Accommodation : **Jungle Beach Resort**
Room type : Jungle cabin room / Twin
Basis : Half Board basis (Breakfast & Dinner)

An early start for those who want to climb Sigiriya Rock Fortress. After our walk and climb, we will return to the hotel for breakfast and checkout.

A short tour of Trincomalee town and lunch, before checking in to our beautiful resort

Enjoy the facilities of the resort, it has the most amazing beach bar...grab a drink and watch the sunset.



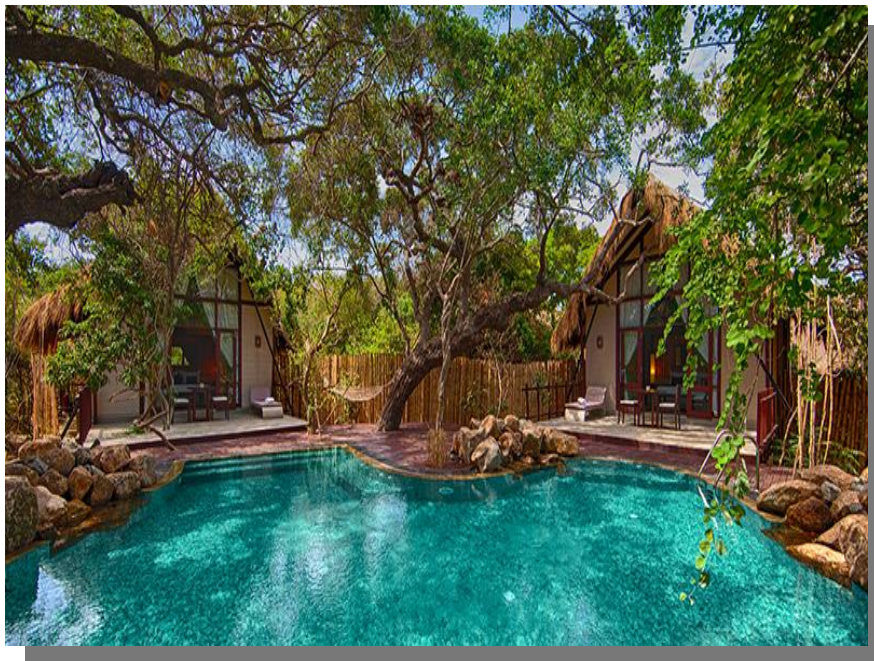
Day 6: 07 Sept - Trincomalee

Accommodation : **Jungle Beach Resort**
Room type : Jungle cabin room / Twin
Basis : Half Board basis (Breakfast, Lunch – Cooking Class, Dinner)

7.30am

Visit the boat that brings the fresh seafood catch to the hotel beach.

Interesting Facts: 165 miles from Colombo, is one of the largest and safest Natural Harbours in the World. Trincomalee is connected by Rail and Road. It has sunny weather throughout the year, with white sandy beaches, calm, placid and warm waters, ideal for underwater activities and for Whale watching. Trincomalee was a Buddhist Centre known as “Gokanna” from very early times and later a Hindu Kovil was constructed at the site. In 1617 five (5) Danish ships entered Koddigar Bay, but the negotiations with the Kandyan King was fruitless and they sailed away. In 1624 the Portuguese completed the construction of a Fort here after destroying the Hindu Temple at Swami Rock in the Fort. The Fort, which had only 3 Bastions was taken by the Dutch in 1639, but abandoned, re-fortified in 1675 and named it Fort Fedrick. In 1795 the British captured it after a 4-day bombardment, and it became the first possession of the British in Sri Lanka.



10.30 - Cooking Class

Begin your culinary program.

You will be learning to make -

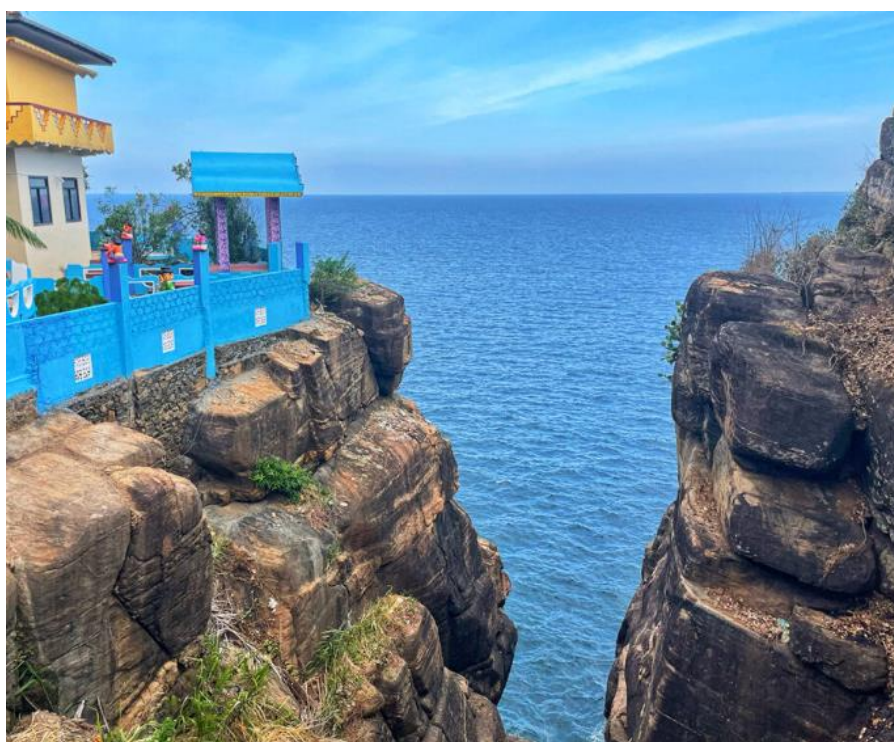
Trincomalee Crab Curry

Dhal Curry

Sago pudding

Enjoy the meal with an array of accompaniments as your very special lunch.

Spend the evening at leisure on the beach, listening to music, cocktails and a spectacular sunset in the background.



Day 7: 08 Sept Habarana (Approx 2.5 hours travelling time)

Accommodation : **Cinnamon Lodge**
Room type : Deluxe Twin / Double Room
Basis : Half Board basis (Breakfast & Dinner)

Later this day, experience a **village tour** learning and connecting with the authentic rural life of Sri Lanka. An interesting excursion, through the lakes via a local catamaran and interaction with the farmers and villagers ending with a typical local snack.



Day 8: 9th Sept Kandy (Approx 3 hours travelling time)

Accommodation : **Jetwing Kandy Gallery**
Room type : Luxury Twin / Double rooms
Basis : Half Board basis (Breakfast & Dinner)

Kandy, steeped in tradition and history, holds the key to the center and heritage of Buddhism for it is home to the **Temple of the Tooth** – Sri Dalada Maligawa, a golden shrine dedicated to the enshrinement of one of the most sacred relics of Buddha, the relic of his tooth hidden in a golden casket. 1988 saw its declaration as a **UNESCO World Heritage Site**.

In the evening enjoy a cultural show of traditional Kandyan dancing and storytelling.



Day 9: 10th Sept Nuwara Eliya (Approx 4 hours travelling time)

Accommodation : **Grand Hotel**
Room type : Deluxe Double / Twin Rooms
Basis : Half Board basis (Breakfast, High Tea, Dinner)

After breakfast, transfer to Nuwara Eliya. Aboard the 'cloud train' which travels through clouds and misty lush landscapes of the Central hills of Sri Lanka, with phenomenal views unfolding along the way. The 'cloud train' ride from Kandy to Nanu Oya (Nuwara Eliya), is listed as the topmost scenic train journeys on earth. One can relish a wide vista of the surrounding scenery of boundless tea plantations, majestic misty mountains, lush greenery, hilly wilderness, small waterfalls and villages that stretch out along the way as the train climbs up the Central hills.

Enjoy a late afternoon High Tea, which this hotel is renowned for.

Train journey from Kandy station to Nanu Oya station
Train leaves Kandy by 08:30am and reach Nanu Oya by 12:30 pm.

Interesting facts: Nuwara Eliya - The 'Little England' of Sri Lanka, is set against beautiful backdrops of Mountains, Valleys, Waterfalls and Tea Plantations. It is supposed to be one of the coolest places in the Island, but it is really just like an English spring day, although the temperature does drop at night. All around Nuwara Eliya you will see evidence of the British influence, houses like country cottages or Queen Ann style mansions. The Victoria Park, in the middle of the town, is a lovely place for a stroll or a picnic and is also good for Birding as you get some rare birds in this Park. Seasons may be absent elsewhere in Sri Lanka, but here you can read them by the flowers, which bloom in the spring (march to May) and the fall (August and September). These are the "seasons" when low-country folk flock to Nuwara Eliya to escape the sea level heat and humidity.



Day 10: 11th Sept Nuwara Eliya

Accommodation : **Grand Hotel**
Room type : Deluxe Double / Twin Rooms
Basis : Half Board basis (Breakfast, Dinner)

After a sumptuous breakfast, you will be taken through the tea plantations, to a tea factory to witness and experience the age-old process of tea making. Enjoy a cup of freshly brewed cup of tea and a piece of 'Sri Lankan' Chocolate Cake.



Day 11: 12th Sept Galle (Approx 6 hours travelling time)

Accommodation : **Jetwing Lighthouse**
Room type : Luxury Twin / Double Room
Basis : Half Board basis (Breakfast, Dinner)

Spend the afternoon at leisure after the long drive.

Interesting Facts: Sri Lanka's most historically interesting town is Galle. It was a major port until about 100 years, but today still handles shipping and sailing boats in the natural harbour. Stroll around the lighthouse and harbour or visit the old town where you can see the traditional lace makers and wood carvers and purchase some of the finest souvenirs. The Dutch Fort - Galle - The South Coast's major city is Galle, whose oldest landmark is the massive Portuguese and Dutch Fort which is a **"World Heritage Site"** in which the central city is contained. But the city may be much older. Some scholars believe it to be the "Tarshish" of the Old Testament, to which King Solomon sent his merchant vessels, and to which Jonah fled from the Lord.

Today, the 90-acre Galle Fort shows no evidence of the Portuguese founders. The Dutch incorporated the Portuguese northern wall in a great rampart in 1663. A second, taller wall was built inside of it. Between the two walls, a covered passage connected the central bastion with the Fort's two half bastions overlooking the sea.



Day 12: 13th Sept Galle

Accommodation : **Jetwing Lighthouse**
Room type : Luxury Twin / Double Room
Basis : Half Board basis (Breakfast, Lunch – Cooking Class, Dinner)

10.30 am Cooking Class

Biriyani - a traditional baked rice dish, specific to this area of Sri Lanka, made with spices and meat. Baked in a clay pot, the flavours are so delicious.

Watalappan for dessert, a traditional baked custard using jaggery (Sri Lanka's version of palm sugar)

A range of accompaniments will be served with your luncheon.



Day 13: 14th Sept Galle – Bentota - COLOMBO (Approx 1.5 hours travelling time)

Accommodation : **Cinnamon Lakeside**
 Room type : Premium Twin / Double Rooms
 Basis : Half Board basis (Breakfast, Lunch – Lunuganga, Dinner)

On your way, stop at Lunuganga.

Lunuganga Estate, the country residence of the esteemed Sri Lankan architect Geoffrey Bawa. Throughout his life he explored for ideas, changed styles and introduced spaces to commercial and residential properties. He brought the outdoors inside and indoors outside. Take a tour of his private gardens and enjoy a luncheon in this very special space.

Arrive in Colombo and check in to the hotel.

Enjoy a scrumptious Farewell Dinner

Interesting Facts: Colombo - is the business and commercial centre and the new capital is Sri Jayawardhanapura Kotte, only a few miles away.

Colombo was only a small seaport, which came into prominence in the 16th Century with the arrival of the Portuguese in 1505 and the development of it as a major Harbour took place during the British period. Colombo became the capital of Sri Lanka in 1815 after Kandyan Kingdom was ceded to the British.

The remains of the buildings during the period of the Portuguese, Dutch and British rule are found in every area of the city. None of the Portuguese & Dutch fortifications are found today but some of their buildings and churches could be seen in the Fort & Pettah areas.

Visit Fort, the former British administrative centre and military garrison, Sea Street - the Goldsmith's quarters in the heart of Pettah, the Bazaar area where there is also a Hindu Temple with elaborate stone carvings, the Kayman's Gate with the Belfry at the original gate to enter the Fort, the Dutch Church of Wolfendhaal dating back to 1749, Kelaniya Buddhist Temple dating to 6th C.B.C., Davatagaha Mosque, Colombo Museum and the Natural History Museum are some of the sites to be visited. Also visit the BMICH (Bandaranaike Memorial International Conference Hall), see the replica of Avukana Buddha in front and the Independence Memorial. There are numerous restaurants, bars and markets (Good Market – every Saturday morning @ Racecourse in Colombo 3).



All good things must eventually come to an end. Today you will be transferred to the airport (Approx. 40 mins) to catch the flight to your onward destination.

*Thank you for visiting Sri Lanka, we look forward to seeing
you again...
Ayubowan (May you live long)*



- END OF THE TOUR -

Price includes:

- VIP Welcome at Airport
- Accommodation
- 4 x Cooking Classes (lunch)
- Daily Breakfast, Dinner
- 4 x Lunches (cooking classes), 1 x Lunch at Lunuganga, 1 x High Tea
- Train Ride from Kandy to Nuwara Eliya (Nan Ouya)
- Elephant Safari – Minneriya National Park
- All entrance fees to tourist and other attractions
- Private air-conditioned BUS and an English speaking driver for the duration of the trip
- Local government taxes & service charges
- Gift Souvenir
- Vegetarian / Vegan food options are available on request.

Price excludes:

- Flights to Sri Lanka
- Insurance
- Visa
- Airport taxes
- Room upgrades / Supplements
- Any other meals other than those mentioned in the itinerary.
- Camera & Video permits at Cultural sights
- All expenses of personal nature
- Tips and portage (an additional AUD \$50pp is required for tips for the driver & guide, this will be collected at the beginning of the tour). Any extra tips to waiting, hotel staff etc will be your own responsibility.
- Alcohol and Drinks
- Early check-in / late checkout

PRICING

AUD \$5250pp – Based on Double / Twin Share Room

AUD \$6500 pp – Based on a Single Room

A deposit of \$1,500pp will be required to secure your place on this tour.

Things to do in Colombo

There are many restaurants to visit in Colombo here are some recommendations –
Barefoot Ceylon & Café – 704, Galle Main rd. Colombo 3 <https://barefootceylon.com/pages/cafe>
Enjoy a Sunday afternoon jazz in the café courtyard and then visit the Barefoot shop to grab some beautiful handicrafts.

Gallery Cafe – 2 Alfred House rd Colombo 3 – <https://www.paradiseroad.lk/>
Paradise Road Galleries -the Gallery Cafe Opened In 1998 In A Structure Which was the Former Offices Of World Renowned Sri Lankan Architect, The Late Geoffrey Bawa. Bawa. A lovely experience, not cheap, but the ambience, the art gallery and the food is delicious. Worth it just to visit for a light snack and cocktail.

Tilapiya Colombo – 11B MS4 Mini Stand, Racecourse Ave. Col 7 - tilapiyacolombo.lk
A new restaurant in Colombo that is getting rave reviews. Fusion, seafood and generous servings of food.

Park St Colombo 2 – Variety of Restaurants
Café Francaise, Monsoons, Kuuraku Japanese Restaurant, Irish Pub & Bar

Dutch Burgher Union – DBU 114 Reid Ave, Col 5
Looking for some great short eats whilst having a drink? Or even trying a Lamprais? This is iconic for all of the above. It's currently being renovated but will be ready by Jan.

High Tea – Galle Face Hotel / Kingsbury
Have a great High Tea, if you'd like to indulge 😊

Roof Top Bars –
Cinnamon Red / ON14 – Clifford place – Radisson Hotel / Botanic Bar & Bistro, in Fairway Colombo

SHOPPING

Paradise Road – Similar to Barefoot, a lot more variety, but also a little pricey
Lakpahana – Specialises in handicrafts, a great selection at reasonable prices, you can buy Kaludodal and Jaggery cake from here as well.

MARKETS

GOOD MARKET – Operates every Sat 9.00am – 5.00pm Colombo Racecourse in Col 5 – Kollupitya

Thank you for allowing us to organise your holiday to Sri Lanka, have fun and make lots of memories...

Love Sonali & the MirisTrails Team xxx

DEPOSITS

All prices are in Australian dollars and are quoted on a twin share per person basis, a single supplement is available on all tours. For tours booked prior to the scheduled trip departure date a deposit of \$1,500 is required to secure your place with the balance due no less than 120 days before the departure date.

Payment of deposits indicates an acceptance of all the terms and conditions outlined by the purchaser and or / Client.

CONFIRMATION

The reservation will be confirmed upon receipt of the initial deposit and a receipt will be issued for each subsequent payment.

CANCELLATION POLICY

If cancellation takes place 60 days prior to the tour departing, a fee totalling 50% of total monies will be retained. If the program fails to fill with the minimum number of participants required, Miris Trails shall refund all received fees. In the event that Miris Trails cancels the trip for any reason, all fees including deposits will be refunded in full. The cost of any additional travel arrangements you have made will not be reimbursed. No reimbursements or refunds will be issued to those failing to join their tour or for tour accommodation or any other service not utilised or for a partially completed holiday. If payments are not received by the due dates, the reservation will be cancelled, and the deposited funds will be applied towards the relevant cancellation expenses. In view of the commitments that must be made to hotels and other partners who help make this tour possible, cancellations will only be entertained within fourteen days of the initial deposit. Other cancellation requests will be entertained by Miris Trails, subject to special circumstances and with due consideration for payments due to hotels and other tour partners. Cancellations due to medical reasons can be covered by travel insurance, which is strongly recommended.

TRAVEL DOCUMENTS

All travellers require valid passports with at least six months validity remaining. Travellers are responsible for necessary visa to Sri Lanka and health certificates (please consult your doctor) and must meet all costs incurred to comply with such requirements. The client should contact the local Sri Lankan consulate or the travel agent for general information regarding conditions applicable to travel to and from Sri Lanka as well as matters concerning passports, visas, vaccinations, etc.

COSTS and EXCHANGE RATES

Prices and tariffs quoted for Tours are subject to change without notice in the event of unforeseen circumstances beyond our control, such as currency fluctuations.

ITINERARY

Miris Trails reserves the right to change itineraries and/or substitute services, hotels or restaurants of equal quality, given that justified circumstances should arise.

REFUNDS

There will be no refunds for any unused portion of the tour decided by the client.

Refunds will be made in the event of cancellation on the part of MirisTrails, unless such a cancellation is caused by "force majeure".

Force majeure is (Latin for "superior force, chance occurrence, unavoidable accident") and a common clause in contracts that essentially frees both parties from liability or obligation when an extraordinary event or circumstance beyond the control of the parties, such as a war, strike, riot, crime, or an event described by the legal term act of God (such as hurricane,



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flooding, earthquake, volcanic eruption, etc.), prevents one or both parties from fulfilling their obligations under the contract. In practice, most force majeure clauses do not excuse a party's non-performance entirely, but only suspends it for the duration of the force majeure.

Force majeure is generally intended to include risks beyond the reasonable control of a party, incurred not as a product or result of the negligence or malfeasance of a party, which have a materially adverse effect on the ability of such party to perform its obligations, as where non-performance is caused by the usual and natural consequences of external forces (for example, predicted rain stops an outdoor event), or where the intervening circumstances are specifically contemplated.

If the minimum group size is not reached, the agency will offer clients the choice, 15 days prior to departure, of either being fully refunded or accepting a group surcharge and continuing with the tour.

TRAVEL INSURANCE

Travel insurance is compulsory for you to participate on the tour. Miris Trails recommends the clients arrange for Travel Assistance and Cancellation Insurance, for added protection and convenience during travel, and as protection against possible cancellation charges, also which covers medical expenses and repatriation. Insurance taken out at the time of booking will give immediate protection for deposit paid.

If the agency should be forced to modify main elements of the tour, the client shall receive notice as soon as possible, and always a minimum of three days in advance, offering the possibility of cancelling the tour with a full refund, or accepting the modification of the initial route. If, after this notice of three working-days' time, the agency receives no answer, it will be understood that the client wishes to cancel the reservation.

MIRIS TRAILS' LIABILITY

Miris Trails will be responsible for the consequences of the non-execution or defective execution of the tour if this is a result of its proceedings. Miris Trails' liability is limited to "force majeure" or conditions that neither Miris Trails nor its suppliers have been able to avoid, or when the cause is attributable to the client or a third person.

The client shall communicate to Miris Trails in a written form and as soon as possible any non-fulfillment in the execution of the tour that may have been noticed.

PASSPORTS AND VISAS

All travellers, without exception (including babies and persons under 18 years of age), shall carry valid documentation, whether passport or National Identification Document (for those countries where passport is not required), and be provided, prior to travel, with any visa, permit, vaccination certificate, etc., that is considered necessary for the trip.

The client should contact the local Sri Lankan consulate or the travel agent for general information regarding conditions applicable to travel to and from Sri Lanka as well as matters concerning passports, visas, vaccinations, etc.

A VISA is required on entry to Sri Lanka, by all Australian Passport holders and can be applied for online <http://www.eta.gov.lk/slvisa/>

Confirmation of your booking constitutes an acknowledgement of these Terms and Conditions.