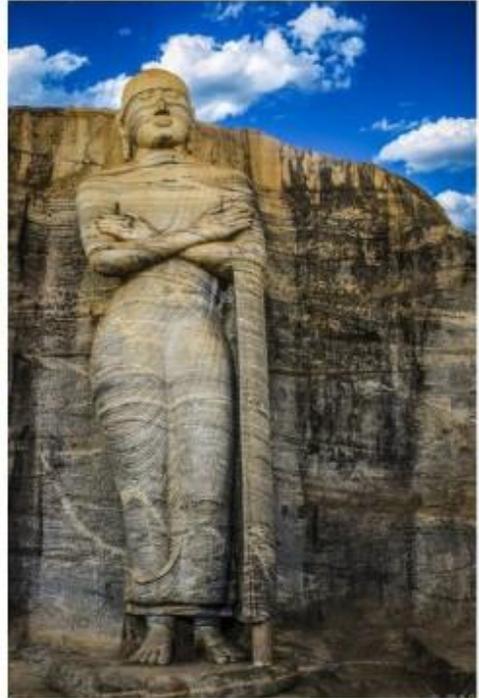


TRAUMLAND
TOURS
Travel In Style | Stilvoll Reisen

The Journey



Cultural Triangle – 09 Days 08 Nights Tour

Name of the Traveler/ Group	Mr Bastian Wilhelms & Family
Nationality / Country of Residence	Germany
Arrival Date	19 th of July 2026
Departure Date	27 th of July 2026
No of Adults	07 Adults & 01 Child

Embark on a 09 Days / 08 Nights “Cultural Triangle of Sri Lanka” journey with Traumland Tours, where timeless heritage meets breathtaking wilderness and coastal serenity. Climb the majestic Sigiriya Lion Rock Fortress, wander through the ancient Polonnaruwa Medieval Capital, and witness the awe-inspiring wildlife at Minneriya National Park Explore the sacred beauty of the Dambulla Cave Temple and pay homage at Kandy’s revered Temple of the Sacred Tooth Relic. Every moment of this curated experience captures the essence of Sri Lanka’s enchantment culture, nature, and relaxation in perfect harmony.

DAY 01-19th of July 2026

Welcome to the Pearl of the Indian Ocean | Stay in Style in “Negombo”- The Fishing Town

- ✓ Upon your arrival at 16.50Pm, our Tour guide will greet you at the Colombo International Airport and you will be transferred to the famous beach town on the Western Province of Sri Lanka “Negombo” – 20 Minutes Drive from Colombo Airport.
- ✓ You may have a free and relaxing day in Negombo



Jetwing Sea Hotel, Negombo – 4 Stars Beach Hotel



04 Deluxe Double Rooms



Bed & Breakfast Basis



DAY 02-20th of July 2026

The Sacred Tooth Relic Temple of Buddha- “Sri Dalada Maligawa”

- ✓ Leave from Negombo after breakfast and travel to the last kingdom of ancient Sri Lanka “Kandy” – 3 hour drive.
- ✓ Visit the most sacred Buddhist Temple in the whole Buddhist World “The Temple of the tooth of Buddha” (Sri Dalada Maligawa) – Approximately 1 and half hour guided tour



Grand Kandyan Hotel, Kandy - 4 Stars Hotel



4 Deluxe Double Rooms



Bed & Breakfast Basis



DAY 03-21st of July 2026

Scenic walk of Peradeniya Royal Botanic Garden | Wander in Kandy City

- ✓ Enjoy a beautiful walk of Peradeniya Royal Botanical Garden in Kandy. Spot beautiful and very rare plants & trees in the garden.
- ✓ Embark on a city walk in Kandy Town where you will visit the Central Market and Local Bazar of Kandy City.



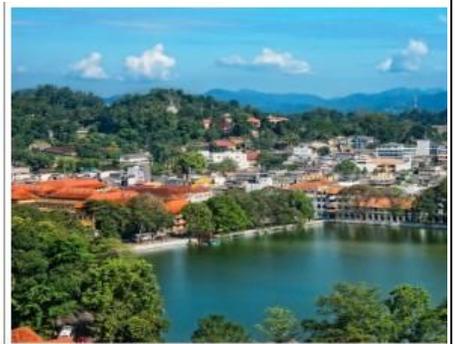
Grand Kandyan Hotel, Kandy – 4 Stars Hotel



4 Deluxe Double Rooms



Bed & Breakfast Basis



DAY 04-22nd of July 2026

Matale Aluviharaya- Where Sri Lanka's Buddhist Scriptures Were Preserved
Cradle of Sinhalese Civilization- The First Ancient Capital of Sri Lanka
"Anuradhapura"

- ✓ Travel to the first ancient capital of Ancient Sri Lanka "Anuradhapura" - 4 hour drive through country side.
- ✓ Visit the historical "Matale Aluviharaya" Where Sri Lanka's Buddhist Scriptures Were Preserved.
- ✓ Do sightseeing along the way to Anuradhapura
- ✓ You may have a free and relaxing day at the hotel in Anuradhapura



Heritage Hotel Anuradhapura- 4 Stars Hotel



4 Deluxe Double Rooms



Bed & Breakfast Basis



The pandol arch



The monastic caves



Golden Buddha statue



The International Library and Museum



The Chamber of the Dalum Ge

DAY 05 -23rd of July 2026

Explore the Ancient Ruined City of Anuradhapura

- ✓ After the breakfast at the hotel, explore the UNESCO World Heritage site “Anuradhapura Ancient Capital”. – Approximately 3 to 4 hour guided tour by vehicle
- ✓ During this guided tour, you will visit the most sacred and iconic places such as “Ruwanelisaya Stupa”, “Sri Maha Bodhi Tree”, “Mihinthale Temple”, “Greatest Stupas of Abhayagiriya and Jetwanaramaya and Monastic complex.



Heritage Hotel Anuradhapura- 4 Stars Hotel



4 Deluxe Double Rooms



Bed & Breakfast Basis



DAY 06 -24th of July 2026

The Caves of Untold Stories “Dambulla Cave Temple”

Safari to Sri Lankan Wild Jumbos- Minneriya National Park

- ✓ Leave from Anuradhapura and you will be transferred to the most fascinating and ancient Buddhist Temple “Dambulla Cave Temple” (Also known as Golden Rock Temple)- 1 ½ hour scenic drive.
- ✓ Visit “Dambulla Rock Temple” – Approximately 1 ½ hour guided tour.
- ✓ You may enjoy a mouthwatering lunch at a good restaurant in Dambulla or you can check-into your hotel in Sigiriya to take a rest before the afternoon safari tour of Minneriya National Park.
- ✓ Embark on the adventurous Jeep Safari tour of ‘Minneriya National Park’. We will arrange two private jeeps for your whole group with professional safari drivers- 2 ½ hour safari Tour.
- ✓ Overnight stay in Sigiriya



Kassapa Lion Rock Hotel, Sigiriya – 4 Stars Nature Resort



4 Deluxe Double Rooms



Bed & Breakfast Basis



DAY 07 -25th of July 2026

Magical Sunrise from the Summit of Ancient Wonder “Sigiriya Lion Rock”

- ✓ Leave from the hotel for the magical expedition of Sigiriya Lion Rock- The 8th wonder of the ancient World. Leave the hotel at 05.00am.
- ✓ Start the sunrise expedition of Sigiriya Lion Rock. Spot the magical sunrise from the summit of Sigiriya Lion Rock- Approximately 3 hour guided tour.
- ✓ After the expedition of Sigiriya Lion Rock, you will be transferred back to Kassapa Lion Rock Hotel.
- ✓ You may have a relaxing morning at the hotel while having a nice swim in the hotel swimming pool.
- ✓ **Optional:** We would like to recommend the “Traditional Village Tour of Sigiriya” if you seek for a fun-filling activity that will bring you an experience of Sri Lankan traditional village life.



Kassapa Lion Rock Hotel, Sigiriya – 4 Stars Nature Resort



04 Deluxe Double Rooms



Bed & Breakfast Basis



DAY 08 -26th of July 2026

Fun-filling Cycling tour of Medieval Capital “Polonnaruwa Ancient City”

- ✓ Leave from Sigiriya after breakfast – 1 and half hour drive
- ✓ Embark on a fun filling Cycling tour to “Polonnaruwa Ancient City” – Approximately 3 hour cycling guided tour.
- ✓ In this tour you will visit “National Museum of Polonnaruwa”, “Royal Palace of King Parakramabahu the great”, “His council Hall & Royal Swimming Pool”, “Beautiful Ancient Temple complex”, “Rankoth Vehera Stupa”, “Alahana Pirivena Monastic Complex” and “The Ancient Rock Temple”



The Deerpark Hotel, Girithale- Polonnaruwa – 4 Stars Nature Resort



4 Superior Cottages – Double Rooms



Bed & Breakfast Basis



DAY 09-27th of July 2026

**Long Scenic through countryside to your final destination of Sri Lanka
“Pasikudah”- The Pristine Beaches of Eastern Coast |**

Good Bye to Traumland Tours Team after amazing Round Tour!

- ✓ Travel to Trincomalee from Ella – Approximately 1 ½ hour journey.
- ✓ You will be dropped off at your hotel in Trincomalee.

End of the tour with Traumland Tours





Tour Includes:

- Airport Pick up Service.
- 4 & 3 Stars Luxury Hotels & Resorts
- Meal Plan :Bed & Breakfast Basis
- Air Conditioned Comfortable 16 Seater Mini Coaster Bus
- English speaking professional Tourist Guide and a professional driver
- **Mentioned Tour excursions are included** : Entrance tickets of Anuradhapura, Polonnaruwa Ancient City, Minneriya National Park safari tour, Sigiriya Lion Rock, Dambulla Rock Temple, Temple of the tooth, Peradeniya Royal Botanical Garden and Train Tickets
National Park and Yala National Park
- All costs related to the vehicle, fuel, parking fees and highway charges
- Cost related to the lodging and meals of the tourist guide
- Unlimited Water bottles throughout the tour
- Unlimited mileage within the tour itinerary
- All Taxes and service charges are included



Tour Excludes:

- Meals: Lunches, dinners and additional meals outside of the stated meal plan
- Hotel Accommodation in Trincomalee
- Visas & Flight bookings
- Early Check-in & Late Check –out charges of Hotels
- All Expenses of personal nature
- Tips and Portage

TOUR PRICE

EURO 5,694/=NET FOR 09 DAYS 08 NIGHTS FOR 08 PERSONS

Special Notes:

- Kindly note there is a tipping culture in Sri Lanka for the service providers.
- Alcohol will not be served at any hotel or any restaurant on **POYA DAYS** (FULL MOON DAYS)
- The Standard check in time of Hotels in Sri Lanka is 14.00hr
- The Standard check out time of Hotels in Sri Lanka is 11.00hr
- For more details of Terms & conditions of Bookings, Please log onto our website- www.traumlandtours.com
- Apply for online VISA via – www.eta.gov.lk

Child Policy:

- Aged 0-10 Years old is considered as children. Aged 11 years old or above is considered as adults.

Contact Us

- Please do contact us for any further clarification or any special request –
WEB: www.traumlandtours.com
PHONE: + 94 77049 1013 & +94 3122 33 904
EMAIL: info@traumlandtours.com

