

Ramayana Trail Highlights

6 nights / 7 days | Sigiriya · Kandy · Nuwara Eliya · Galle · Colombo | **Price on request**

Sigiriya 2N, Kandy 1N, Nuwara Eliya 1N, Galle 1N, Colombo 1N

Overview

A seven-day journey through places linked to the Ramayana, with Sigiriya, Kandy, tea country and Galle Fort along the way.

Itinerary

Day 1: Arrival and Ritigala

Drive to Sigiriya. Evening visit to Ritigala, linked to the Sanjeevani herb legend.

Stay: Sigiriya. Meals: Dinner.

Day 2: Dambulla and Sigiriya

Dambulla Cave Temple and Sigiriya Rock Fortress.

Stay: Sigiriya. Meals: Breakfast, dinner.

Day 3: To Kandy

Spice garden and Ayurveda village, then Kandy. Cultural programme, Temple of the Sacred Tooth Relic and a gem gallery.

Stay: Kandy. Meals: Breakfast, dinner.

Day 4: Nuwara Eliya

Hanuman Temple, a tea plantation, Seetha Amman Temple and a walk around Nuwara Eliya.

Stay: Nuwara Eliya. Meals: Breakfast, dinner.

Day 5: Galle and Rumassala

Drive to Galle. Rumassala hill, linked to the Himalaya herb legend, and a walk through Galle Fort.

Stay: Galle. Meals: Breakfast, dinner.

Day 6: Colombo temples and city

Kelaniya Temple, Panchamuga Anjaneyar Temple and a Colombo city tour.

Stay: Colombo. Meals: Breakfast, dinner.

Day 7: Departure

Transfer to the airport.

Meals: Breakfast.

Highlights

- Ritigala and the Sanjeevani herb legend
- Seetha Amman Temple and Hanuman Temple
- Rumassala hill and Galle Fort
- Kelaniya Temple and Panchamuga Anjaneyar Temple
- Sigiriya and Dambulla

Inclusions

- Hotels (same or similar)
- Private air-conditioned vehicle with English-speaking chauffeur-guide
- Airport pick-up and drop
- Sightseeing as listed
- Daily breakfast and dinner

Exclusions

- International and domestic flights

- Sri Lanka ETA (mandatory, apply at eta.gov.lk)
- Entrance fees, unless stated
- Boat rides
- Camera permits
- Lunches
- Travel insurance
- Tips and personal expenses
- Optional excursions, arranged on request and charged extra
- Anything not listed

Best time to visit

January to March, May to September. Cultural triangle is best January to March and May to September. Galle is best December to March.

What to wear

- Swimwear, quick-dry tees and shorts, light cotton, sandals or flip-flops, a hat and a light cover-up.
- Temples: clothes that cover shoulders and knees, light cotton or linen, and shoes that slip off easily.
- Carry socks for hot stone floors. Light or white colours are respectful at the Temple of the Tooth.
- Hill country (Nuwara Eliya, Ella): a hoodie or sweater and a light jacket for evenings, long pants and closed shoes. Nights can be around 10 to 15 degrees Celsius.
- Kandy and Colombo: light layers and comfortable walking shoes.
- Sigiriya climb: breathable clothes and sturdy shoes with grip. The climb has many steps.

What to carry

- Government photo ID
- Passport (for Sri Lanka; keep copies)
- Printed Sri Lanka ETA (for Sri Lanka)
- Sunglasses
- Reusable water bottle
- Power bank
- Universal plug adapter (Sri Lanka)
- Personal medicines
- Motion sickness tablets (hill roads, ferries and cruises)
- A small day bag
- Beaches: sunscreen (reef-safe where possible), after-sun lotion, a dry bag or waterproof phone pouch, a quick-dry towel.
- Hill country: a light waterproof jacket, warm socks, lip balm.
- Temples: socks, a scarf or shawl.
- Walking tours and Sigiriya: comfortable walking shoes, a small towel.

By month

- South and west coast, May to September: rain jacket or poncho and a waterproof bag cover.
- October and November: afternoon thunderstorms anywhere in Sri Lanka, so carry a compact umbrella or poncho.
- December to March: light rain gear only, for the hills.

Notes

- Temples ask for covered shoulders and knees. Shoes come off at the entrance.
- In October and November, afternoon thunderstorms are common.
- Visits to parks, sites, adventure activities, elephant rides and other tour places are at the client's own risk.
- Itineraries may change with weather, tides, local conditions and availability. Hotels are same or similar.
- Advance paid to confirm a booking is not refunded.

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