

Medicine & Healthcare Journey Sri Lanka

OPTIONAL EXTENSION NUWARA ELIYA & GALLE

Journey back in time as you travel from Kandy to Nuwara Eliya and marvel at the majestic tea plantations from your train seat. Your train ascends along winding tracks, into the home of the famed **Ceylon Tea**, with its rolling hills turning into a carpet of **velvety green plantations**, interspersed with **gushing streams** and **tumbling waterfalls**. Relax and unwind in the unhurried villages of Galle where time really does appear to have stood still. Join villagers to explore their waterside homes and learn how to cook the local delicacy "hoppers".

DAY-BY-DAY ITINERARY

DAY 1: NOVEMBER 14, 2023

📍 Nuwara Eliya, Sri Lanka

After breakfast you will check-out and make your way to the Kandy railway station to board a **local train** for a ride to the seaside town of **Nuwara Eliya**. An engineering marvel, this route is spoken of as the **most picturesque of rail journeys**. Your train ascends along winding tracks, into the home of the famed **Ceylon Tea**, with its rolling hills turning into a carpet of velvety green plantations, interspersed with gushing streams and tumbling waterfalls.

Note: This is a four-hour journey. We will arrange a packed lunch & toiletries.

You will be met on arrival to Nuwara Eliya and proceed to your hotel, where you will spend your next two nights.

Dinner is on your own this evening with dining options available at your stunning 5* hotel. Perhaps be submerged in a uniquely Indian gastronomy experience that will delight the senses and inspire the mind at the Grand Indian Restaurant. Expect a journey of flavor spanning the subcontinent, as you enjoy the delicacies of a rich Indian offering. They also have a Grand Thai Restaurant, coffee shop, room service, an all-day restaurant, a fusion grill, tea lounge, several bars and lounges for your convenience.

Included meals: Breakfast, Lunch



DAY 2: NOVEMBER 15, 2023

📍 Nuwara Eliya, Sri Lanka

This morning the group will visit a **working tea factory**. Get a first-hand experience into the production of Ceylon Tea. Strange as it may seem, the story of Ceylon Tea begins with the decline of coffee due to the coffee blight in 1865.



Old Ceylon's up-country plantations were devastated – but the planters didn't give up their ambition of cultivating the rich soil of Sri Lanka. Their ambition bore fruit and it has ever since the first crop of tea was thrown into the central highlands of Sri Lanka. You will visit a plantation and observe how the plant is grown and harvested. From here you will travel to a factory and learn about the whole processing procedure and how different types of teas are created. Afterwards explore the **post-colonial city of Nuwara Eliya** also called as **Little England**. Take a walk around the town center, passing the Victorian post office, the colonial Hill Club Hotel and golf course before a stop at Holy Trinity Church, a quaint building constructed by the British in the mid-19th Century. Enjoy a stop for **high tea** this afternoon.

Included meals: Breakfast & Dinner

DAY 3: THURSDAY, NOVEMBER 16, 2023

📍 Galle, Sri Lanka

Today after breakfast you will check out from your hotel and make the roughly 5-hour drive to Galle. In route you will stop for lunch and then have the unique opportunity to **learn Stilt Fishing from a local fisherman**. Stilt fishing, termed as 'Ritipanna', is a traditional fishing method practiced by fishermen along the Southern coast, mainly in areas like Welipenna, Koggala and Kathaluwa.

Continue onward to arrive in Galle late this afternoon. Historically, this award-winning **World Heritage fortified township** was an essential port of call for Chinese, Persian, Arab and Indian traders. Narrow streets are lined with old houses displaying Dutch heritage, with their pillared verandas. Government offices remain in use and the community within the fort is a bustle with daily life hidden within fortified walls of this ancient, maritime citadel.

Check in to your hotel and spend the rest of the day at leisure with lunch provided in route this afternoon.

Included meals: Breakfast, Lunch

DAY 4: FRIDAY, NOVEMBER 17, 2023

📍 Galle, Sri Lanka

For those interested, depart early this morning to visit a **local fish market** to witness the auction of the fresh catch.

Return to your hotel in time for breakfast.



Drive 15 minutes to the meeting point where you will head out for a southern **village experience**. The tour starts off with a **lazy boat ride**, ending up at a coconut husk removing plant, where you will witness the process of processing the coconut husk to be used in various products. From here, you will get on a **bicycle** and take a leisurely cycle ride through the rural villages, ending up at a village hut where you will take part in a **cooking demonstration** for 'hoppers', a local delicacy which can be prepared to be sweet or savory.

Spend the rest of the day at leisure with lunch on your own. The hotel has an **outdoor pool** and **spa** for your enjoyment. Dinner will be included this evening.

Included meals: Breakfast, Dinner

DAY 5: SATURDAY, NOVEMBER 18, 2023

Check out and head for Colombo to the international airport for your flight home.

Included meals: Breakfast, Lunch

Hotel Information - 5* Grand Hotel

🌐 <https://thegrandhotelnuwaraeliya.com/>

The 1990s saw The Grand Hotel bestowed its title of a 'National Heritage Property', by The Archaeology Department of Sri Lanka. This prestigious label represents the value placed on the decade Grand Hotel, Nuwara Eliya as both a historic building, as well as a place that holds a deep historic and cultural significance for Sri Lanka, worthy of preservation.



Hotel Information - 5* Tamarind Hill Boutique Hotel

🌐 www.asialeisure.lk/tamarindhill/



Located within a mile away from the island's most celebrated living fort, Tamarind Hill Galle embodies everything that Sri Lanka's most discerning travelers have come to expect from a luxurious hotel in Galle. The Crayford Rooms are tastefully appointed with a selection of fine colonial furniture, the bathrooms are similarly extravagant, featuring grand fittings and luxury Ayurvedic bath amenities

PROGRAM INFO

Date & Length: 5 Days November 14-18, 2023

Extension cost: \$1,999 per person (includes all gratuities) *Single supplement: \$899*

Inclusions: Train to Nuwara Eliya, ground transportation; baggage handling, gratuities; sightseeing tours; meals as mentioned; and accommodations based on double occupancy.

Not Included: Hotel incidentals and meals not mentioned, tip for local guide.

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