

SRI LANKA · RELAXED ITINERARY

Relaxed Sri Lanka

Built for families with senior parents or small children: fewer hotel changes, shorter driving days, the ancient cities added in, and two full beach nights at the end instead of one.

7 nights / 8 days Route: **Colombo – Sigiriya/Dambulla – Kandy – Nuwara Eliya – Bentota – Colombo**

From **₹1,00,000** per person, indicative

Day by day

Day

1

COLOMBO → SIGIRIYA

Arrive and head to the ancient cities

Land in Colombo late morning and drive directly to the Sigiriya/Dambulla area (170 km, about 4 hours with a lunch stop). This is the longest single drive of the trip and is placed on day 1 deliberately, before anyone is tired. Check in and rest for the evening.

Stay: **Sigiriya** · Meals: **Dinner**

Day

2

SIGIRIYA

Rock fortress and cave temple

An unhurried morning climbing Sigiriya Rock (1,200 steps; those who prefer not to climb can enjoy the water gardens and museum at the base, and porter-assisted chairs are available for a fee). Afternoon at Dambulla Cave Temple, a short 20-minute drive away, with its five caves of Buddha statues and ceiling paintings.

Stay: **Sigiriya** · Meals: **Breakfast, Dinner**

Day

3

SIGIRIYA → KANDY

Onward to Kandy

Drive to Kandy (90 km, about 2.5 hours), stopping at Pinnawala Elephant Orphanage for the midday bathing session on the way. Afternoon free to settle in; evening Kandyan cultural dance show at 5 pm.

Stay: **Kandy** · Meals: **Breakfast, Dinner**

Day
4

KANDY

Temple of the Tooth

A gentle day: Temple of the Sacred Tooth Relic in the morning (dress code enforced), a short walk by Kandy Lake, and the Peradeniya Botanical Garden in the afternoon. No long drives today.

Stay: Kandy · Meals: Breakfast, Dinner

Day
5

KANDY → NUWARA ELIYA

Tea country

Short drive to Nuwara Eliya (80 km, 3 hours) via a tea factory tour and tasting. Afternoon at Gregory Lake — a boat ride for those who want it, or simply a walk in the cool air. Those interested in the Ramayana trail can add the nearby Seetha Amman Temple as an optional stop.

Stay: Nuwara Eliya · Meals: Breakfast, Dinner

Day
6

NUWARA ELIYA → BENTOTA

Down to the beach

Descend to Bentota (150 km, about 5 hours) and check into a beach resort by late afternoon. No sightseeing planned for the rest of the day — settle in, pool or beach, an early night.

Stay: Bentota · Meals: Breakfast, Dinner

Day
7

BENTOTA

Beach day and turtle hatchery

A full free day at the resort. Optional half-day trip to Galle Fort (30 km, 45 minutes) for those who want it, or the Kosgoda turtle hatchery in the late afternoon for the hatchling release at sunset — both are easy to skip for a pure rest day.

Stay: Bentota · Meals: Breakfast, Dinner

Day
8

BENTOTA → COLOMBO → AHMEDABAD

Fly home

Drive to Colombo airport (140 km, about 2.5 hours); leave with enough buffer for an elderly-friendly pace through check-in. Fly out via your connecting city to Ahmedabad.

Stay: — · Meals: Breakfast

Inclusions

Included

- + Return Ahmedabad–Colombo flights (one-stop)
- + ETA visa processing
- + 7 nights in inspected 4★ hotels and a beach resort
- + Private AC vehicle with driver-guide throughout, paced for seniors and children

Not included

- Lunches on sightseeing days
- Yala safari and Galle Fort guide (optional add-ons)
- Travel insurance
- GST and porter-chair charges at Sigiriya if used

- + Daily breakfast and veg dinner
- + Sigiriya, Dambulla, Pinnawala and temple entries

Indicative cost

STANDARD

₹1,00,000–1,18,000

Per person, twin sharing

PREMIUM

₹1,40,000–1,75,000

Per person, twin sharing

Per person on twin sharing, indicative for 2026, including flights, visa, hotels and vehicle. The extra beach night and slower pace add roughly ₹10,000–15,000 over the classic itinerary. All prices on this document are indicative for 2026 and confirmed in writing at the time of booking.

Good to know

Getting there. Fly: there are no non-stop flights from Ahmedabad. The usual routing is Ahmedabad–Mumbai–Colombo or Ahmedabad–Chennai–Colombo or Ahmedabad–Bengaluru–Colombo, connecting on IndiGo, Air India or SriLankan Airlines, total travel time about 5–6 hours depending on the layover. Book the connection with at least 2 hours' gap.

Food. Colombo, Kandy and Nuwara Eliya each have Indian vegetarian restaurants used to Gujarati groups — we route dinners through these where the itinerary allows. Jain meals (no onion, garlic or root vegetables) can be arranged by most hotels on request; tell us at the time of booking so it is confirmed in writing with each property.

Permits and rules. No separate permits are needed for any of the sites on this route beyond the ETA visa. Temple of the Tooth and other Buddhist temples enforce a dress code: shoulders and knees must be covered (no shorts, sleeveless tops or short skirts), and shoes are removed before entering — carry socks if you prefer not to walk barefoot on stone floors. Photography is generally allowed in temple courtyards but restricted or requires a separate ticket inside some shrine rooms and at the Dambulla cave paintings; flash photography is not allowed near Buddha statues, and turning your back to a Buddha statue for a photograph is considered disrespectful.

Pack

- Light cottons for Colombo, Bentota and Sigiriya (28–32°C)
- A light jacket or shawl for Nuwara Eliya evenings (12–15°C in winter)
- Modest clothing for temples — a stole or scarf solves the shoulders/knees rule quickly
- Comfortable walking shoes for Sigiriya's 1,200 steps and the Little Adam's Peak climb
- Socks for temples where shoes come off on stone or hot pavement
- Sunscreen, cap and mosquito repellent
- A small day bag for temple visits where large bags are not allowed inside

Want this booked properly?

Send this PDF to us on WhatsApp with your dates and the number of travellers. Hotel names and a firm price within 24 hours.

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WhatsApp · Mon–Sat 10 am – 7 pm