



## **Buddhism in Sri Lanka**

A pilgrimage to the most important Buddhist highlights & Meditation retreat  
easy

Buddhism is the most widespread religion in Sri Lanka. About 70% of the total population, mainly Sinhalese, belong to the Theravada branch of Buddhism. So it is not a coincidence that the country turns out to be an optimal destination for Buddhist pilgrims.

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**On request we organize this tour for individual travelers and private groups!**

### **Prices for travels between 01. November-30. April**

2-3 persons: 2.130 EUR/person

4-5 persons: 1.995 EUR/person

6-7 persons: 1.795 EUR/person

8+ persons: 1.665 EUR/person

### **Prices for travels between 01. May-31. October**

2-3 persons: 1.990 EUR/person

4-5 persons: 1.860 EUR/person

6-7 persons: 1.660 EUR/person

8+ persons: 1.535 EUR/person

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Buddhism is the most widespread religion in Sri Lanka. About 70% of the total population, mainly Sinhalese, belong to the Theravada branch of Buddhism. So it is not a coincidence that the country turns out to be an optimal destination for Buddhist pilgrims. There are Buddhist monuments almost everywhere, and people's lives are here deeply rooted in their religion.

On our journey we will meet monks and lay people, meditate and contemplate, grow spiritually at a meditation retreat in a monastery, and visit the most important religious sites in the country. The date was also chosen to coincide with the Buddhist Wesak Festival, which always takes place on the Full Moon day of the 4th month (according to the Buddhist calendar). You will be able to participate in all the special celebrations, meet colorful characters and enjoy experiences that will stay with you for a lifetime.



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Ayubowan!

The sinhalese greeting!

- [Itinerary](#)
- [Prices and dates](#)
- [Services](#)

## Itinerary

Day 1  
Departure from home

## Day 2

### Arrival in Sri Lanka

The trip was long and tiring, but now you are finally in Sri Lanka. We will welcome you at the Colombo airport, where we will be waiting to take you to a beautifully situated guest house in a village about 30 km away (approx. 1-hour-long drive). Here you'll be able to rest and recover from the hardships of the journey - it is a place mostly unknown to tourists. In the evening you will marvel at the star filled sky. -, -, D

## Day 3

### Buddhist Talks

The following day we will remain in the area and fully focus on Buddhism - an inspiring exchange with Buddhists from Sri Lanka will start our journey into Buddhist philosophy. We will end the day with a collective meditation. BF,L,D



*Meditating in a rural environment is part of our pilgrimage*

Days 4-7

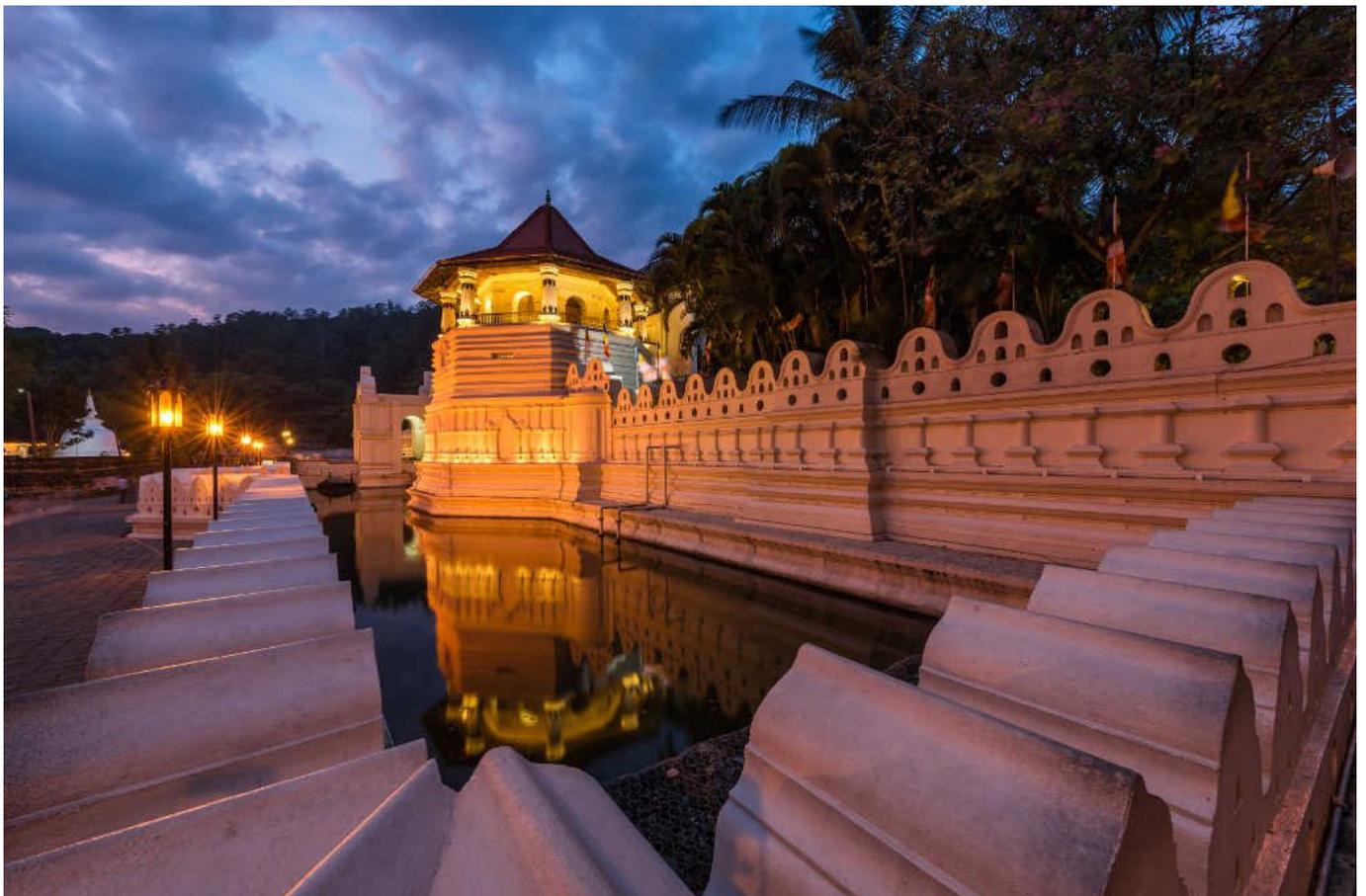
Meditation Retreat

We will spend the next few days in a prestigious and reputable meditation sanctuary, where we will follow a fixed schedule which is similar in structure every day. Please note that this is not a wellness program, but a serious retreat, during which is also important to comply with the rules. If you are interested in knowing more about these rules or getting more detailed information about the retreat, please contact us directly!

Day 8

Train & Tea

Today, an excursion on the most beautiful railway route in Asia. At a leisurely pace, we calmly pass by soft tea fields and fern and rhododendron forests until reaching the mountain town of Nuwara Eliya. The city is located at 1.890 meters of altitude and is much cooler than almost any other place in the country, the reason why the high society of Colombo likes to come here and relax in the fresh air. We will do as them before continuing to Kandy. We spend the night in a hotel. BF, -, -



The Temple of the Tooth in Kandy. One of the holiest places for Buddhists worldwide.

Photo: Shutterstock/396404413

Day 9

## The sacred tooth relic

In the morning we will ask you to dress in white, since we will be visiting the Dalada Maligawa. One of Buddha's teeth is kept in this very special place. Thousands of monks and laymen come here to pray and meditate. We will take the lotus flower into our hand and pay our respects to Buddha. Afterwards, we will explore the city of Nuwara, better known as Kandy, which was until 1815 the seat of the kings of the country. Overnight stay a bit further away, at the hotel in Akurana. BF, -, -

## Day 10

### Cave Temple and Cloud Women

In the morning we will visit the cave temples in Dabmulla, and marvel at their 2,000-years-old sculptures and ceiling paintings. In the afternoon, it is time for another of the highlights of the trip: the rock fortress of Sigiriya, built in the 5th century AD and often also referred to as the 8th Wonder of the World. This architectural prodigy is especially known for the frescoes of the cloud women, which are located in a protected angle of the rock. After the visit, we head down to our hotel in Anuradhapura. BF, -,D



The Rock Fortress of Sigiriya

Photo: Shutterstock/404549587

## Day 11

### Full moon

Once again we leave the hotel dressed in white. It is a very special day for Buddhists. With the full moon shining in the sky, the Wesak Festival takes place: a celebration that commemorates the birth,

enlightenment and death of Buddha. We will share this solemn day with many other Buddhists at one of the holiest places on Sri Lanka: Anuradhapura, founded in the 5th century and first capital of the island. Here stands and still grows the sacred Sri Maha Bodhi, originally a branch of the tree under which Siddhartha attained enlightenment. We will take part in a puja with flowers, drinks and the sound of the drums. BF,-,D

Day 12

Sila, Samadhi and Prajna

The agenda for today includes a triple training (Sila, Samadhi and Prajna) in a monastery. We will ask you to done white clothes one last time, and after breakfast we will drive 2 hours north-west to a Buddhist temple. The exchange with the monks will deepen our understanding of Buddhism, and we will also meditate together. After the evening puja we drive to our accommodation. BF,L,D

Day 13

Colombo - Negombo

Today we drive into the loud, frenetic capital of Sri Lanka, and visit the most important highlights of the city. But we will not stay here. Instead, we will continue to Negombo, located only 9 km south of Colombo's airport. Negombo is the ideal end to our trip: surrounded by coconut plantations, it is the largest and most traditional fishing village in the country. BF,-,D



Buddha statues in Colombo.

Day 14

Relaxing by the Indian Ocean

A full day to do just as you wish. How do you want to spend it? A long hearty breakfast, walking on the beach, yoga, meditation or reading a beautiful book? You can also relax with an Ayurveda massage. In any case you should let your mind go. BF,-,-

Day 15

Flight home

We will take you to the airport and then it's time to fly back home. BF,-,-

## Prices and dates

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Single room supplement:

01. November-30. April: 360 EUR

01. May-31. October: 310 EUR

Attention: For travels between Christmas and New Year surcharges need to be added!

## Services

- All transfers and transports from arrival to departure
- English speaking guide
- Accommodation in mid-class hotels, guest houses and Meditation Retreat
- Catering according to Detailed Program
- Admission to the attractions listed in the program
- Cost of the retreat in the Meditation Center

## Not included

- Flights
- Insurance (travel insurance is recommended)
- Tips
- Drinks
- Visa for Sri Lanka
- Vaccinations
- Additional costs arising from illness, accident, change of route due to force majeure, etc.
- Additional costs resulting from flight cancellations or delays

Book this tour

**You should read this before your trip**

- [General information about Sri Lanka](#)
- [Travel insurance](#)
- [Our terms and conditions](#)
- [Maps, books and Links](#)
- [FAQ](#)

**If you have questions regarding this tour, don't hesitate to contact us**

Name (required)

Email (required)

Phone

Subject

## Message

\*I agree that the data entered will be stored during the period of processing - namely to answer my request and information about requested products and services. My data will not be stored for more than three months. And should the processing of my request take longer than three months, my data will be deleted at the latest upon completion of the processing.

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