

Sri Lanka Authentic Experience Collection

Authentic Ayurveda Wellness Journey



Experience -
includes:

- Personal consultation with an Ayurvedic physician
- Guided walk through a medicinal herb garden
- Preparation of herbal oils and remedies
- Traditional full-body Abhyanga massage
- Herbal steam bath
- Ayurvedic cuisine based on your body constitution
- Yoga and meditation (optional)

Best regions: Bentota, Beruwala, Kandy, Matale, Cultural Triangle.

Tea Heritage & Pekoe Trail Experience



Experience includes:

- Guided hike on the Pekoe Trail
- Tea plucking with estate workers
- Visit to a working tea factory
- Tea grading and tasting session
- Meet local estate communities
- Optional high tea at a colonial tea bungalow

Best regions: Hatton, Haputale, Ella, Nuwara Eliya, Bogawantalawa.

Traditional Sri Lankan Village Experience



Experience includes:

- Bullock cart ride
- Catamaran ride
- Village lunch
- Farming demo
- Home visit

Best regions: Habarana, Sigiriya, Polonnaruwa.

Traditional Buffalo Curd Making Experience



Experience includes:

- Buffalo farm visit
- Milking
- Curd making
- Tasting

Best regions: Tissamaharama, Hambantota.

Gem Mining Adventure – Ratnapura



Experience includes:

- Mine visit
- Mining demo
- Gem washing
- Gem cutting workshop

Best regions: Ratnapura.

Rainforest Trekking Experience



Experience includes:

- Guided trek
- Wildlife
- Waterfalls
- Conservation

Best regions: Sinharaja.

Traditional Toddy Tapping Experience



Experience includes:

- Toddy tapping demo
- Palm sap collection
- Tasting (optional)

Best regions: Negombo, Jaffna.

Clay Pot Making Workshop



Experience includes:

- Pottery lesson
- Wheel demo
- Make your own pot

Best regions: Molagoda, Kegalle.

Ceylon Cinnamon Experience



Experience includes:

- Plantation walk
- Peeling demo
- Drying & grading
- Tasting

Best regions: Galle, Matara.

Lagoon Fishing Experience



Experience includes:

- Fishing trip
- Crab trapping
- Mangrove tour
- Seafood cooking

Best regions: Negombo, Batticaloa.

Traditional Mask Carving Experience



Experience includes:

- Workshop visit
- Carving
- Painting
- Souvenirs

Best regions: Ambalangoda.

Sri Lankan Home Cooking – Authentic Ceylon Experience



Experience includes:

- Family home visit
- Cook authentic dishes
- Clay pot cooking
- Traditional meal

Best regions: Kandy, Galle, Ella.

Best regions: Throughout Sri Lanka, with especially memorable experiences in Kandy, Galle, Habarana, Ella, and Jaffna.

Optional additions for a premium itinerary

- Whale watching in Mirissa with a marine biologist
- Leopard tracking in Yala or Wilpattu with a naturalist
- Birdwatching in Bundala or Sinharaja
- Gem cutting and jewelry design workshop in Ratnapura
- Temple almsgiving (*Dana*) with a local family (when respectfully arranged)
- Palm-leaf weaving, coir rope making, or brass craft workshops in artisan villages