

SPICE ISLAND

Flavors Of Sri Lanka

ITINERARY

TOUR PREPARATION

PRICING & ACCOMMODATIONS



Date	Price	Duration	Availability	BOOK NOW
August 3 - 14, 2025	\$5,700	12 Days	Open	

About This Tour

Situated in the Indian Ocean just to the southeast of India, Sri Lanka has deep harbors and a key geographic location that made it a desirable territory of maritime colonial invaders. Once the Dutch, Portuguese and English discovered that the island country was a treasure trove of tea, cinnamon, cardamom and many other spices, it changed hands many times over the centuries, leading to the diverse cultural melting pot that it remains to this day. Sri Lanka, known as Ceylon to the British, is also a treasure trove of ancient natural wonders, architectural monuments, diverse wildlife and exotic plant life. Many think of Sri Lanka as a paradise on earth, easily earning its affectionate nickname as “the Pearl of the Indian Ocean.”

Tour Highlights

- Capital City of Colombo
- Angamporo martial arts performance
- Dambulla Cave Rock Temple *
- Minneriya National Park
- Sigiriya Rock Fortress *
- Polonnaruwa Ancient Capital *
- Sacred Center of Kandy *
- Grand Esala Perehera Festival
- Victorian town of Nuwara Eliya
- Yala National Park
- Colonial City of Galle *
- Galle Dutch Fort *
- Cinnamon Plantation

* UNESCO World Heritage Sites

MAIN TOUR ITINERARY

Day 1 - Sunday, August 3, 2025

Arrive in Sri Lanka / Welcome Dinner

Plan your flights to arrive in Colombo at the Bandaranaike International Airport this morning. Use the airport code CMB when searching for your flights. Consider arriving a day early so you can rest and recover from jet-lag. You will be met upon arrival and transferred to our hotel in the city.

This afternoon, we explore the Capital City of Colombo on a panoramic sightseeing tour. Sri Lanka's commercial capital and largest city, Colombo dates back over 600 years, as a trading hub for sea merchants and colonial rulers. The wide array of Buddhist and Hindu temples, mosques and churches reflect the various beliefs practiced all over the island and the beautiful facades of the old, colonial buildings contrast with the modern shopping arcades. Our tour takes you past the Gangaramaya Buddhist Temple, the Pettah bazar area, the Wolfendhal Dutch Church, the Old Parliament complex, The Bandaranaike International Memorial Hall, Nelum Pokuna Theatre, Viharamahadevi Park, Independence Square and the National Museum.

Returning to our hotel, we enjoy a cocktails, canapes and introductions all around, followed by our five-course Welcome Dinner. Overnight in Colombo. ***(Welcome Dinner included)***



Tour Map - Click to Enlarge

Day 2 – Monday, August 4, 2025

Colombo Sightseeing

After an early breakfast, embark on a city walk with Colombo native Mark Forbes (or one of his associates). He has hosted walks in Colombo for many years under the Colombo City Walks banner. This experience includes both the big tourist spots as well as some unexpected out-of-the way places. We'll plunge into the heart of the chaotic hustle at Pettah Bazaar. Discover colonial Dutch mansions and learn the history of what is now Colombo City. The walk continues into the commercial hub of Colombo where you find another colonial treasure, the Old Dutch Hospital. Formerly a hospital during the 17th century, the complex is now host to high-end restaurants, bars and shops. Your walk ends here where you can take a breather and admire the artifacts and have a drink.

We enjoy lunch together at a local restaurant and then proceed to a traditional martial art performance named Angampora. Passed on through generations over thousands of years, it is a physical discipline which combines self-defense techniques, combat and sacred rituals. This is a unique opportunity to visit a traditional Angampora village in Colombo's suburbs where this ancient martial art is still very much alive today. On arrival, you are greeted by an Angampora Guru who explains and demonstrates this age-old art. Next you are invited to watch an exhilarating performance of the sacred rituals set to a drumbeat. If you are feeling brave you have the chance to learn a few moves for yourself! After the performance we return to our hotel and enjoy dinner. *(All Meals)*



Red Mosque In Colombo



Angampora Martial Artists

Day 3 – Tuesday, August 5, 2025

Dambulla Cave Temple / Minneriya National Park

After breakfast, we check out of our hotel and drive to the the UNESCO World Heritage Site of the Dambulla Cave Temple. Dating back to the first Century BC, it is a vast cave complex, converted into a rock temple regarded as one of the most important Buddhist monasteries. Covering the rock ceiling is the largest collection of paintings in Sri Lanka within a cave temple, and surrounding you is the highest number of Buddha statues found in one single place. We continue driving to Habarana, arriving in early afternoon in time to have lunch and check in to our rooms.

In the late afternoon, we proceed to Minneriya National Park for an afternoon game drive. Located in the North Central district of Sri Lanka, it is one of the best places on the island to see the Sri Lankan Elephant up close all year round. In addition to elephants, the park is also an important habitat for the two endemic monkeys of Sri Lanka - the Purple-faced Langur and Toque Macaque. One of the highlights of a visit to this park is the impressive Minneriya tank - a reservoir built by an ancient civilization. As we are here in the dry season when the reservoir slowly dries out, we'll find the water has given way to fresh grass attracting large herds of elephants, deer and water buffalo. At the conclusion of the game drive we return to our hotel for dinner and a free evening. *(All Meals)*



Dambulla Cave



Game Drive in Minneriya

Day 4 – Wednesday, August 6, 2025

Sigiriya / Polonnaruwa

After breakfast, we visit the UNESCO World Heritage Sigiriya Rock Fortress, an enormous rock boulder rising 650 feet above the surrounding jungle. Incredibly, the rock fortress was built in the fifth Century and served as a royal citadel for more than 18 years, something that seems more astonishing with every step you climb. During your ascent you will see the mirror wall, sigiri graffiti, famous frescoes and the great lion paws. Upon reaching the summit, wander through the ruins and admire the work it must have taken to build this palace all those years ago. There is even a fully functional swimming pool up here.

We proceed to Polonnaruwa, the Medieval Capital of Sri Lanka that is another UNESCO World Heritage Site. Here an iconic man-made reservoir was appropriately named “Parakrama Samudra”, or “the sea of Parakrama”, due to its enormous size. Watch for the famous Gal Viharaya or “Rock Temple” where you will see four colossal statues of the Buddha cut into the stone, reflecting peace, serenity and strength. Polonnaruwa also boasts ruins of ancient palaces, intricately carved moon stones and royal baths. If you are feeling a bit more energetic, this whole site can also be explored on bike and your guide will be more than happy to arrange this for you. We return to our hotel for dinner and relaxation. **(All Meals)**



Sigiriya



Polonnarawu Buddah

Day 5 – Thursday, August 7, 2025

Kandy

After breakfast, we depart for Kandy. Along the way we have a chance to participate in a cooking demonstration using traditional cooking utensils by a local village family chef. After lunch, we arrive in Kandy, the last Kingdom of Sri Lanka for which it received UNESCO World Heritage designation. You will notice a more comfortable temperature here, compared to the tropical climate prevailing throughout the rest of the island. The Sacred Temple of the Tooth is certainly the most revered and iconic place to visit in this cultural capital but other highlights include the historic Kandy Lake, the Royal Botanical Gardens and the scenic Victoria Golf Club.

This evening we take part as an interactive audience in the ceremonial dressing of a traditional Sri Lankan Chieftain locally known as 'Nilame' with all his jewelry. This elegant, elaborate royal costume was worn exclusively by the ancient kings and noble chieftains and forbidden to the common man. These days the only people to wear these glamorous outfits are the custodians of the island's ancient temples, but they make appearances at the Kandy Esala Perehera and as grooms at traditional weddings. We will also see a Traditional "wes" dancer being dressed up with his century-old costume and most beautiful and elegant adornments. We will see them perform tomorrow at the Kandy Esala Perehera. *(All Meals)*



Kandy Cooking Demonstration



Kandy Dancers

Day 6 – Friday, August 8, 2025

Kandy Sightseeing / Grand Esala Perehera Festival

This morning after breakfast, visit the famous Royal Botanical gardens in Peradeniya, originally created in the 14th Century as a pleasure garden for the Queens. Spread over 147 acres and bordered by the charming Mahaweli River - the longest in Sri Lanka - it is the largest botanical garden on the island, home to over 4,000 species of plants, ferns, shrubs, palm trees, spices and medicinal plants, all complemented by an array of butterflies and bird species. Take time to admire the incredible collection of over 300 varieties of orchids; certainly one of the garden's highlights. The giant bamboo and double palm trees, both of which are imports to the island and many are over one hundred years old, create a natural canopy. We return to our hotel for a late lunch.

This evening experience the World Famous Grand Esala Perehera. There are few spectacles in the world quite like the Kandy Esala Perahara. The festival is held annually in the hill capital of Kandy and presents traditional customs and rituals. The city of Kandy, which is also a UNESCO world heritage site, is the epicenter of festivities during this period. The Perahara or the "grand procession" is held in honor of the Sacred Tooth Relic of Lord Buddha, enshrined in the Temple of the Tooth, otherwise known locally as the "Dalada Maligawa". Over the course of ten nights the Perahara parades through the streets of Kandy surrounding the temple. The colorful procession is famous for its elephants dressed in vibrant attire, traditional Kandyan dancers and drummers, Kandyan chieftains, whip crackers, torch and flag bearers and also fire dancers, all reflecting rich pageantry. Although its origins have a Buddhist fervor, people of all faiths and religions enjoy the celebrations, amidst an atmosphere of devotion. **(All Meals)**



Kandy Temple of the Tooth



Kandy Grand Esala Perehera

Day 7 – Saturday, August 9, 2025

Nuwara Eliya

After breakfast, our drive to Nuwara Eliya is a photographer's paradise! We pause every now and again to admire and photograph the gushing waterfalls, the vast tea terraces, the old tea factories and the expansive vegetable fields we pass along the way. We also stop to visit a tea plantation to expand our knowledge of the process of making the finest Ceylon Tea. Upon arrival at Nuwara Eliya, you will notice the sudden drop in temperature. With log fires and blankets in the Victorian-style bungalows and the beautifully kept lawns and flower gardens, it is no wonder this part of the world has become known as 'Little England'.

Visit the Haggala Botanical Gardens, Gregory's Lake or the Seetha Amman Hindu Temple. Wander through the fruit and vegetable markets and strike a bargain at the night 'bale' market. Spend the rest of today enjoying the breathtaking landscapes of Hill country. Please note: August 9 is full moon poya day. This is a public holiday in Sri Lanka and there will be restrictions on serving liquor in the public areas of the hotel.

(All Meals)



Tea Plantation



Royal Botanical Garden

Day 8 – Sunday, August 10, 2025

Yala

After spending a couple of days in the coolest part of Sri Lanka, our journey proceeds to Yala National Park in the jungles of the south of the island. After a relaxing breakfast, we check out of our hotel and board the motorcoach for the day-long drive to Yala. We will make stops along the way to stretch our legs, get lunch and have photo stops. Upon arrival, we check into our rooms at the lodge and have the rest of the day free to relax, use the pool, and enjoy the wilderness surroundings. Overnight in Yala. *(All Meals)*



Yala Jungle

Day 9 – Monday, August 11, 2025

Game Drives

This morning we take an early morning game drive with a packed breakfast. Our game drive takes advantage of the optimal times to spot the most animals. While searching for the elusive leopard, herds of spotted deer, Mugger crocodiles, wild boar, wild buffaloes, langurs, and peacocks also provide brilliant photograph opportunities. Bird-lovers will particularly enjoy the display of over 200 different species, including large flocks of migratory birds. We return to our hotel and refresh by enjoying lunch and relaxing until late afternoon. Later in the day, we take an evening game drive, followed by a return to our lodge for dinner and a free evening. *(All Meals)*



Game Drive in Yala

Day 10 – Tuesday, August 12, 2025

Galle

After breakfast, we drive to the UNESCO World Heritage City of Galle, the colonial capital of Sri Lanka. As we drive along the coast to Galle, we see the iconic Stilt Fisherman in action. It is an age-old fishing method practiced on the southern coast of the island and a tradition unique to Sri Lanka. Watch in awe at how carefully the fishermen must balance on a thin stilt, waiting in complete silence since the slightest disturbance will scare the fish away. If you're feeling brave enough, try mounting the stilt yourself to make a catch!

We arrive at our hotel in time for a late lunch. In early evening we take a city walk along the streets of Galle, which mixes the exotic with the colonial. The impressive Fortress, originally built by the Portuguese and further fortified by the Dutch, remains standing today with only a few changes, and is a living example of the interaction between European architecture and South Asian traditions. Explore the Galle Fort on foot at your own pace, perhaps paying a visit to the Maritime Museum, the Old Dutch Reformed Church, the Sun and the Moon bastions, the lighthouse and the souvenir shops along the way. Early evening is the perfect time to climb the ramparts and sip a refreshing cup of Ceylon tea, or perhaps something stronger, as you gaze upon the setting sun. **(All Meals)**



Stilt Fishermen



Lighthouse at Galle Fort

Day 11 – Wednesday, August 13, 2025

Cinnamon Plantation

Outside of Galle is Villa Mayurana, a piece of paradise set among a cinnamon plantation offering magnificent views of Koggala Lake and the coastline beyond. Upon arrival, freshen up with a cinnamon-infused towel before venturing on a guided tour of the estate. Learn about the method of growing and harvesting cinnamon as well as how a cinnamon tree can be transformed into the cinnamon sticks we buy. Continue to the estate's factory and learn how this aromatic spice is gathered for grading and how it is prepared before being sent to market. Enjoy lunch at Villa Mayurana. We return to our hotel in the afternoon for relaxation time. Tonight enjoy a special farewell reception of beer, wine & canapes before we sit down for a five-course Farewell Dinner at the hotel. **(All Meals)**



Farewell Dinner Setting

Day 12 – Thursday, August 14, 2025

Departure

The tour concludes after breakfast this morning. We check out of our hotel and make the 3-hour drive north to the International Airport outside of Colombo. Most flights depart in the early evening. You can arrange your return flight at any convenient time this evening. If you are staying on in Colombo city, we will be happy to assist with hotel arrangements at our original hotel. If you have several hours to wait for a late night departure, we can arrange a day room at a hotel near the airport. **(Breakfast)**



Farewell to Sri Lanka

TOUR PREPARATION

Entry Requirements-- For U.S. citizens, apply for an Electronic Travel Authorisation (ETA) at [this website](#). Your passport must have 6 months validity remaining from the day you arrive in Sri Lanka. After completing the application you will receive the ETA via email. You then present a printed copy with your passport upon arrival to be issued your 30-day tourist visa.

Immunizations & Health -- No immunizations are required, but the U.S. Center for Disease Control strongly recommends the following inoculations: tetanus, hepatitis A & B, typhoid, and Japanese encephalitis. Dengue fever is prolific in the region but there is no vaccination against it so travelers need to take precautions against mosquito bites and visit their nearest hospital if they suspect infection. Please check out the [CDC website here](#) for complete details. You should only drink boiled or bottled water in Sri Lanka. Avoid cut salads, raw vegetables and fruits without skin everywhere except in hotel restaurants. Be wary of food bought from street stalls or kiosks.

Exit Requirements - No airport tax is currently charged upon departure from Sri Lanka, nor is one anticipated. However, any such taxes or fees instituted after publication of this itinerary will be the responsibility of the clients to pay directly to the appropriate airport authorities.

Making Travel Arrangements to Sri Lanka

On this tour, international airfare is NOT included. You will need to get your international air to and from Colombo, Sri Lanka (airport code CMB). We encourage you to work with Steven Goldberg at Frosch Travel in Chicago, who can help you select the best flights to get you to Sri Lanka. Please arrive in Colombo by mid-afternoon on Sunday, August 3, 2025. Departure from Colombo is evening or later on Thursday, August 14, 2025. Let us know if you want to extend your tour at either the beginning or end.

Steven Goldberg / Frosch Travel

Toll-Free in USA: 1-800-323-1276

International guests, please call +1-312-371-9686

Email: steven.goldberg@frosch.com

When calling, please identify yourself as a Toto Tours participant. If you leave a message on Steven's voice mail, he will return your call promptly. He will be happy to discuss your travel plans and help you decide when to purchase your ticket for the best rate.

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible, we often must turn away last minute registrants because we relinquish hotel space and air reservations 8 – 12 weeks prior to departure! Please keep this in mind when making your travel plans.

WHAT TO BRING

Located 500 miles north of the Equator, Sri Lanka has a tropical climate and is always warm. In early August, temperatures will range from: 77 to 85 in Colombo, a bit warmer along coastal regions, and a bit cooler in Kandy and the higher mountainous interior. Laundry can easily be done at any of the places where we stay for two or more nights. You will be happier if you pack half of the clothes you think you need, do laundry along the way, and save room in your suitcases for fantastic purchases!

Suggested Packing List:

- Proof of citizenship. Passport and ETA visa required.
- Polo shirts / T-shirts (5 - 6).
- Lightweight, long sleeve shirts (2 - 3) for sun protection.
- Comfy walking shoes for day tours and walks.
- Shorts for warm touring days.
- Socks, underwear for 11 days.
- Sweater for cool evenings in Kandy.
- Personal toiletries, and insect repellent.
- Electrical Adapter. Sri Lanka uses electricity at 230V.50Hz and has circular electric outlets in a triangle configuration. **Click here** to see images of the types of adapters needed for Sri Lanka. Most hotels will have extra adapters for you to use if you don't have the right one.
- A good book for your long flights.

MONEY MATTERS

The Sri Lankan currency is the rupee (LKR), divided into 100 cents; pricing in cents is rare. Rupee coins come in denominations of one, two, five and 10 rupees. Notes come in denominations of 10, 20, 50, 100, 200, 500, 1000, 2000 and 5000 rupees. Most major credit cards are accepted around the country, including MasterCard, Visa, and American Express. ATMs can be found in most of the large cities, but some machines are not compatible with international cards. Currency exchange can be transacted at all official exchange offices, large banks, and major hotels. [Click here](#) to find the current exchange rate.

Tipping Guidelines— Although a 10% service charge is added to food and accommodation bills, this usually goes straight to the owner rather than the worker. In restaurants and bars, tip up to 10% in cash to servers beyond the “service charge.” Room cleaners get up to Rs 100 per day. Bag carriers/porters should receive 50 rupees per bag. Shoe minders at temples get Rs 20. [Click here](#) to read a helpful article about tipping in Sri Lanka. We will make collective tips to our drivers and guides, and a suggested tip amount will be provided prior to departure.

THE TOTO SPIRIT

Toto Tours provides Adventure Travel Experiences as differentiated from tours in the traditional sense. Adventure Travel allows (even encourages) you to be an active participant. Adventurers can be identified by certain traits. They are:

- fun-loving optimists who have a sense of humor and accentuate the positive;
- good natured realists who are willing to accept situations as they exist;
- undaunted by the unexpected, like occasional delays or bad weather;
- willing to forego some of the amenities we normally take for granted;
- eager to try new things & test limits;
- punctual;
- not whiners!

Tourism to Sri Lanka is increasing, and this is the perfect time to go while tourist crowds are manageable. Join us for this unforgettable adventure! If you have any questions, please email us at tototours@gmail.com.

Travel Insurance

We recommend you purchase travel insurance with Travel Guard to cover for unforeseen events prior to and during your trip. Please follow the link below or call us for more information.



PRICING

(tour prices per person)

Price: \$5,700 in double occupancy hotel accommodations.

Private Room: \$1,800 additional, for a total tour price of \$7,500.

Deposit: \$600.

(Due at time of registration for the tour. May be paid with a credit card.)

Remaining Balance (main tour): \$5,100 double / \$6,900 single

Remaining Balance Due: May 14, 2025 (80 days prior to departure)

(Full payment required with reservation form if enrolling after this date.)

Note: The tour price does not include bank service charges for processing credit card payments, and assumes that the balance of the tour price will be paid by check. If you would like to pay the final balance with a credit card, a 4% service charge will be applied. Let us know if you wish to pay by credit card, and we will adjust your invoice accordingly.

Included: 11 nights hotel accommodations; private arrival transfer, one group departing transfer; all meals from dinner on Day 1 through Breakfast on Day 12; ground transportation in climate controlled motorcoach; sightseeing activities and entrances as listed in the itinerary. This is a fully guided and escorted tour.

Not Included: International airfare to Colombo, Sri Lanka (CMB); departure airport transfer if other than the group transfer; ground transportation for sightseeing on your own (taxis, local guides, etc.); meals and optional activities not specifically listed in the itinerary; camera fees; alcoholic beverages; insurance; laundry, telephone calls, faxes, or any other expenses of a personal nature. Tips to drivers and guides and other conveyance attendants are not included; tipping guidelines for our group tips will be provided prior to departure.

ACCOMMODATIONS

Click hotel name to read description

- Colombo (2 nights start) - [Taj Samudra Hotel \(Deluxe Ocean View Room\)](#)
- Habarana (2 nights) – [Cinnamon Lodge \(Superior Room\)](#)
- Kandy (2 nights) – [Cinnamon Citadel \(Superior Room\)](#)
- Nuwara Eliya (1 night) – [Grand Hotel \(Deluxe Room\)](#)
- Yala (2 nights) – [Cinnamon Wild Lodge \(Jungle Chalet\)](#)
- Galle (2 nights) – [Le Grand \(Deluxe Room\)](#)