

THE HEART OF SRI LANKA

with

Relish Mama[®]

March 4 -15, 2027

Discover the flavours and heart of Sri Lanka.

Intimate
group tour

Led by
Nellie Kerrison

An unforgettable
experience



EXPERIENCE SRI LANKA ~ AN UNFORGETTABLE JOURNEY

Sri Lanka is a land where ancient traditions, rich biodiversity, and vibrant culinary heritage come together in perfect harmony.

This thoughtfully curated journey has been designed to offer more than just travel—it is an immersive experience that connects you with the island's soul through its people, flavours, landscapes, and stories.

From coastal fishing villages and bustling markets to misty tea plantations and wildlife-rich jungles, each day unfolds with carefully selected moments that blend authenticity with comfort. This journey is ideal for those who seek meaningful travel, refined experiences, and a deeper understanding of Sri Lanka beyond the ordinary.

This tour is a fully immersive experience of Sri Lanka through food, people & culture.

YOUR ITINERARY

From cooking with local families and sunrise climbs of ancient rock fortresses to safari mornings in Yala and scenic train rides through misty tea highlands, every detail has been thoughtfully curated to immerse you in the flavours, warmth and heart of this extraordinary island.

With luxury accommodation, seamless road travel and rare local access included, this is Sri Lanka revealed through food, nature and adventure.

Negombo

Arrival and Transfer to Negombo – The Coastal Welcome

01

Most international flights arrive into Colombo late at night.

Upon your arrival at Bandaranaike International Airport, Colombo (CMB), you will be greeted by our representative and transferred to our hotel in Negombo, where our premium waterfront accommodation allows you to ease gently into the journey.

The evening is intentionally relaxed, giving you time to rest and settle in after your travels. A light dinner will be available at the hotel for those who have arrived, offering a simple and nourishing start.

This gentle beginning allows the tour to unfold at a comfortable pace, ensuring you feel refreshed and ready for the experiences ahead.

Overnight: Stay in Negombo

Meals: D (for those who have arrived)



Negombo

Negombo's Maritime Heritage & Culinary Immersion

02

After a relaxed breakfast and morning, enjoy a private cooking experience and lunch, where carefully selected seafood is transformed into a curated Sri Lankan meal.

Later, enjoy a private lagoon cruise through historic Dutch canals, with cocktails and seafood bites as the sun begins to set.

In the evening, gather on the hotel lawn for an intimate “Welcome to Country” moment hosted by our local representative. Over arrack sours and crisp isso wade (prawn fritters), begin your journey into Sri Lanka through flavours and storytelling, setting the tone for the experiences ahead.

Overnight: Stay in Negombo

Meals: B,L,D



03

Begin your day early with an optional early visit to Negombo's vibrant Lellama Fish Market, accompanied by a chef. Witness the lively return of fishermen with their overnight catch and experience the rhythm of Sri Lanka's coastal life. Return to your hotel for breakfast.

After breakfast, journey inland toward Sri Lanka's cultural heart. Along the way, stop to sample locally roasted cashews in the renowned Kajugama village—literally meaning “Cashew Village” in Sinhala—known for its long-standing tradition of village vendors offering freshly prepared cashews in charming roadside settings.

After lunch, visit the vibrant Dambulla Market, Sri Lanka's largest wholesale fruit and vegetable market, where colourful produce arrives daily from across the island, offering an authentic glimpse into local life and trade. Walk through its bustling halls, observing the lively interactions of vendors and farmers as you experience the rhythm of Sri Lanka's agricultural heart.

Proceed to the incredible Dambulla Cave Temple, a UNESCO World Heritage site dating back to the 1st century BCE, where a complex of five ancient rock caves shelters over 150 Buddha statues and intricate murals spanning more than 2,000 years of history. Carved into a massive granite outcrop, this sacred site has long served as a place of refuge and worship, reflecting centuries of Sri Lanka's spiritual devotion and artistic heritage.

Upon arrival in Habarana, check in at your hotel and relax.

In the evening, unwind with cocktails by the riverbank, complemented by Sri Lankan finger foods and a traditional hopper station.

Overnight: Stay in Habarana

Meals: B, L, D



Habarana

04

Sigiriya Sunrise & Village Rhythms

Start your day with a sunrise climb of the iconic Sigiriya Rock Fortress, a UNESCO World Heritage site rising dramatically above the surrounding plains. As you ascend past ancient frescoes, the Mirror Wall, and the Lion's Paw entrance, enjoy breathtaking panoramic views from the summit where the ruins of King Kashyapa's royal palace await.

Later, immerse yourself in the rhythms of rural Sri Lanka at a village house set amidst lush paddy fields. Experience traditional music, storytelling, and interactive drumming, with the opportunity to learn local dance. Conclude with an authentic Sri Lankan lunch prepared with fresh local ingredients.

Spend the rest of the day at leisure, with the option to enjoy a spa treatment at your hotel.

Overnight: Stay in Habarana

Meals: B,L



Kandy

05

The Spice Trail & The Palm of Life

Travel toward Kandy, stopping at a private organic spice estate in Matale for a sensory spice garden tour through Sri Lanka's most celebrated spices, including true Ceylon cinnamon, prized for its delicate sweetness and distinct aroma. As part of the experience, create your own traditional Sri Lankan curry powder, guided by local expertise, before continuing your journey.

After lunch, proceed to Heeloya village to explore the life of the Kithul palm and its transformation into treacle, a cherished ingredient in Sri Lankan cuisine, where you will participate in a hands-on experience preparing traditional sweets while engaging with the local community, before proceeding to Kandy.

Overnight: Stay in Kandy

Meals: B,L,D



Kandy

06

Sacred Traditions & Homegrown Flavours

Visit the Temple of the Sacred Tooth Relic, one of Sri Lanka's most revered Buddhist sites, believed to house a sacred tooth relic of Lord Buddha. Experience the spiritual atmosphere as devotees gather for daily rituals within this historic temple complex in Kandy.

Continue to a gem museum, where you will gain insight into Sri Lanka's renowned gem industry and its deep-rooted connection to the island's natural heritage. Learn about the mining, cutting, and craftsmanship behind precious stones such as sapphires, rubies, and topaz.

Later, enjoy a deeply personal culinary experience in the village of Gelioya, hosted by a local family in their traditional home. Participate in the preparation of an authentic Sri Lankan meal using fresh, locally sourced ingredients, while experiencing the warmth of genuine village hospitality.

In the evening, you may choose to attend a vibrant cultural dance performance showcasing Sri Lanka's traditional Kandyan dance forms. The performance features rhythmic drumming, elaborate costumes, and fire displays, offering a lively insight into the island's artistic heritage.

Overnight: Stay in Kandy

Meals: B,L,D



Nuwara

Eliya

01

Tea Country, Tamil Heritage & Mindful Art

Journey into the cool highlands with a scenic stop at Ramboda Waterfall, where cascading waters flow through misty hills and tea-covered landscapes. Take a moment to enjoy the refreshing climate and capture the beauty of Sri Lanka's hill country.

Visit a tea plantation and factory to understand the art of Ceylon tea, from careful leaf plucking to the final stages of processing. Gain insight into the craftsmanship behind one of Sri Lanka's most celebrated exports while enjoying the serene surroundings of the estate.

Continue to Kandapola village, where you will experience Tamil culture through traditional attire, music, and a locally prepared vegetarian lunch. Engage with the community and gain a deeper understanding of the lives and traditions of tea estate workers.

Engage in a calming mandala art session, a meditative practice symbolizing balance, harmony, and mindfulness. This creative experience offers a peaceful moment of reflection amidst the tranquil highland setting.

In the evening, enjoy a gentle walk through Victoria Park and around Gregory Lake, surrounded by cool-climate charm and scenic views. Take in the relaxed atmosphere of Nuwara Eliya, often referred to as "Little England," as the day winds down.

Overnight: Stay in Nuwara Eliya

Meals: B,L,D



Yala

08

From Highlands to the Wild South

Enjoy one of the world's most scenic train journeys from Nuwara Eliya to Ella, passing through rolling tea estates, mist-covered mountains, and picturesque valleys. The journey includes a passage over the iconic Nine Arch Bridge, offering one of the most photographed views in Sri Lanka.

After disembarking, enjoy lunch before visiting the Udawalawe Elephant Transit Home, where rescued elephant calves are cared for and rehabilitated before being released back into the wild. Thereafter, continue your journey toward Weerawila, where the landscape gradually transitions into Sri Lanka's dry zone wilderness, and check in at your hotel to relax.

Overnight: Stay in Weerawila

Meals: B,L



Yala

09

Safari & Wilderness Dining

Set out early for a sunrise safari in Yala National Park, renowned for having one of the highest leopard densities in the world. As you traverse diverse landscapes of scrublands, lagoons, and forests, keep an eye out for elephants, sloth bears, crocodiles, and a rich variety of birdlife.

Later, enjoy a unique participatory lunch experience at a circuit bungalow, where live cooking allows you to engage with local cuisine in a safe and immersive setting. Savor freshly prepared dishes while surrounded by the tranquility of the wilderness, creating a memorable dining experience.

Spend the rest of the day at leisure, with the option to unwind and enjoy spa experiences at your hotel. Relax and rejuvenate as you take in the peaceful surroundings after a day of wildlife exploration.

Overnight: Stay in Weerawila

Meals: B,L,D



Galle

10

Craft Traditions & Coastal Heritage

Travel along the southern coast, stopping at a traditional potter's village where you can experience the timeless craft of shaping clay using age-old techniques. Engage with local artisans and create your own piece, connecting with a tradition that has been part of Sri Lankan life for generations.

Continue to Galle Fort and explore its timeless charm, wandering through cobbled streets lined with colonial architecture, boutique shops, and coastal views. Discover the rich history of this UNESCO World Heritage site, shaped by centuries of trade and cultural influence.

In the evening, enjoy a unique culinary experience, "Taste of the Island," featuring traditional Sri Lankan rotis and curries prepared in an atmospheric outdoor setting. Dine under the stars accompanied by live acoustic music, creating a memorable and sensory-rich dining experience.

Overnight: Stay in Galle

Meals: B,L,D



Galle

11

The Art of Slowing Down

Enjoy a leisurely morning exploring the historic ramparts of Galle Fort, uncovering stories of colonial influence, maritime trade, and cultural exchange. Take in sweeping ocean views as you walk along the fort walls, immersing yourself in the timeless charm of this UNESCO World Heritage site.

Spend the afternoon at leisure, ideal for boutique shopping, café visits, or simply relaxing by the pool. Embrace the laid-back coastal atmosphere at your own pace, with time to unwind and explore as you wish.

In the evening, enjoy a refined farewell dinner featuring a curated five-course menu paired with selected wines. This elegant dining experience provides the perfect setting to reflect on your journey and celebrate the memories you made during your time in Sri Lanka.

Overnight: Stay in Galle

Meals: B,D



Departure

12

Departure

After enjoying a delightful breakfast, it's time to bid farewell to the enchanting island of Sri Lanka, leaving with hearts full of cherished memories of our wonderful adventures together.

Your dedicated hosts can assist with check-out and ensure a comfortable transfer to Bandaranaike International Airport, Colombo (CMB). Upon arrival at the airport, our team will ensure a smooth departure process, assisting with check-in formalities and any necessary arrangements to make your journey seamless.

We hope your time spent exploring this enchanting destination has been filled with discovery and many unforgettable moments.

Meals: B



TRAVEL AT A GLANCE

Tour dates: 4 March – 15 March 2027

Arrival airport: Bandaranaike International Airport, Colombo, Sri Lanka (Airport code: CMB)

First night: Negombo

Final night: Galle

Departure airport: Bandaranaike International Airport, Colombo, Sri Lanka (Airport code: CMB)

The tour begins on 4 March 2027 in Negombo. Most international guests will fly into Colombo's Bandaranaike International Airport, which is located closer to Negombo than central Colombo.

The tour finishes after breakfast on 15 March 2027 in Galle. A group transfer to Bandaranaike International Airport, Colombo, is included.

Some guests may choose to arrive a day or two earlier to settle in before the tour begins. Optional pre-tour accommodation can be requested, subject to availability. You may also wish to stay somewhere independently.

Flights are not included in the tour price. Guests are welcome to book flights independently, or speak with our recommended travel consultant for assistance with flights, stopovers and additional travel arrangements.

Your Sri Lanka experience includes:

Accompanied by Culinary expert - Nellie Kerrison, plus local guides

11 nights premium accommodation:

- 2 nights - Negombo, WATTURA RESORT AND SPA (SUITES) – 5*
- 2 nights - Habarana, CINNAMON LODGE (SUPERIOR) – 5*
- 2 nights - Kandy, EARLS REGENT (DELUXE) – 4*
- 1 night- Nuwara Eliya, ARALIYA GREEN CITY (SUPERIOR) – 5*
- 2 nights- Yala, DOUBLE TREE BY HILTON(GARDEN VIEW) – 5*
- 2 nights - Galle, JETWING LIGHTHOUSE(LUXURY) – 5*

Meals:

- Breakfast daily
- 9 lunches
- 9 dinners

Travel Dates:

4 March 2027 - 15 March 2027 (12 days / 11 nights)

Pricing

\$8,495 AUD pp twin share (excluding flights) / Single Supplement \$1,985 AUD

A deposit of \$3,000 AUD per person secures your place on the tour. As we operate with a small group and confirm a number of arrangements in advance, this deposit is non-refundable.

If, for unforeseen reasons, the tour is unable to proceed, all payments made will be refunded in full.

Cancellations after final payment may result in up to 100% of the tour cost being non-refundable (please refer to our full Terms & Conditions for details). We strongly recommend travel insurance for peace of mind.

Final balance is payable by 4 January 2027 and will be invoiced on 4 December 2026. Payment schedule plans are available upon request. Please contact Nellie Kerrison should you like to spread out payments.

Inclusions:

- Meet & greet on arrival with traditional garlands
- Welcome to Country” experience in Negombo
- Early morning visit to Lellama Fish Market
- Private seafood cooking experience
- Private lagoon cruise in Negombo with cocktails & curated seafood bites
- Visit to Kajugama (Cashew Village) with roadside tasting experience
- Visit to Dambulla Market – Sri Lanka’s largest wholesale fruit & vegetable market
- Visit to Dambulla Cave Temple (UNESCO World Heritage Site) – Entrance Included
- Sigiriya Rock Fortress sunrise climb experience – Entrance Included
- Cinnamon Lodge - Habarana riverbank cocktail experience with hopper station & Sri Lankan canapés
- Rural village experience with traditional music, drumming & Sri Lankan lunch
- Private spice garden tour in Matale with a make-your-own Sri Lankan curry powder session
- Heeloya village experience, including Kithul treacle production & traditional sweets preparation
- Visit to Temple of the Sacred Tooth Relic (Kandy) – Entrance Included
- Gem museum visit showcasing Sri Lanka’s gem heritage
- Authentic home-hosted culinary experience in Gelioya (Mrs. Ranwala)
- Optional Kandyan cultural dance performance – Entrance Included
- Ramboda Waterfall scenic stop
- Tea plantation & factory visit with Ceylon tea experience
- Kandapola Village Experience with Tamil cultural immersion, tea plucker interaction & lunch
- Mandala art session in the hill country
- Scenic train journey from Nuwara Eliya to Ella (including Nine Arch Bridge) – Train Ticket Included
- Visit to Udawalawe Elephant Transit Home – Entrance Included
- Yala National Park jeep safari experience – Jeep and Entrance Ticket Included
- Participatory wilderness lunch experience at Circuit Bungalow with live cooking
- Visit to a traditional potter’s village with hands-on clay experience
- Galle Fort guided exploration (UNESCO World Heritage Site)
- “Taste of the Island” roti & curry experience with live acoustic music
- Farewell Dinner – Five-course menu with a two-hour wine service
- Accommodation at the specified hotels (or similar), on the meal basis mentioned in the itinerary.
- Air-conditioned transport throughout the tour with an experienced driver and local guide.
- Selected beverages are included only at the selected/mentioned hosted experiences/dinners.
- Complimentary bottled water per guest each day

Entrances:

- Yala Jeep Costs, Yala National Park Entrance, Victoria Park, Gregory Lake, Temple of the Tooth Relic, Cultural Show, Sigiriya Rock Fortress, Dambulla Cave Temple, Udawalawe Transit Home, Galle Maritime Museum

Trip Excludes:

Return Airfare / Travel insurance / Visa / Any expenses of personal nature / Beverages outside of those included at select hosted experiences / personal snacks while travelling / any meals not listed / Tips for your dedicated tour team of driver, conductor & local guide / Transportation to any locations not specified in the program / Spa/Ayurvedic treatments – Payment directly by guests / Early check-in and late check-out

Transfers:

This tour includes complimentary airport transfers.

- From Bandaranaike International Airport, Colombo (CMB), to our first night's accommodation in Negombo on 4 March 2027.
- From our final accommodation in Galle to Bandaranaike International Airport, Colombo (CMB), on 15 March 2027.

Guests arriving before 4 March, or departing after 15 March, may require additional transfer or accommodation arrangements. These can be discussed in advance and are subject to availability and additional costs.

An optional pre-tour night is available on request for guests wishing to arrive a day earlier and enjoy additional time to relax.

Guests are welcome to book their own flights independently. For those who would like assistance with flight routing, stopovers, ticketing or additional travel either side of the tour, we recommend contacting Rachel Visser from MTA Travel.

Rachel has been provided with our Relish Mama itinerary and travel notes, so she can assist with flight options that work well around the tour dates and arrangements.

Rachel Visser

rvisser@mtatravel.com.au

Baggage Allowance:

- Maximum of two pieces per person (one large suitcase and one hand-carry bag)

Kindly inform us in advance if additional luggage will be carried, so a suitable vehicle can be arranged at an additional cost.

Weather in March

March is one of the most rewarding months to explore Sri Lanka. The island is transitioning between seasons, so you get a mix of warm tropical sunshine, lush green landscapes, and generally dry conditions across most of the main travel route. It's a beautifully balanced time for cultural sightseeing, wildlife encounters, and coastal relaxation. Expect bright days, warm evenings, and only occasional short showers that quickly pass and refresh the air.

Negombo

Temperatures usually range from 28°C to 32°C during the day, with evenings around 24°C to 26°C. The ocean breeze helps soften the humidity, making it comfortable for beach walks and sunset dinners. Light, breathable clothing is ideal, along with sunscreen and sunglasses for daytime exploring.

Habarana

Habarana is warmer and more inland, with daytime temperatures around 30°C to 34°C, and cooler evenings at 23°C to 25°C.

Kandy

Offers a slightly milder tropical climate due to its elevation. Expect 26°C to 30°C during the day, with evenings cooling to around 21°C to 23°C. The air feels more relaxed compared to the coast, though humidity is still present.

Nuwara Eliya

Daytime temperatures sit around 18°C to 22°C, while nights can drop to 12°C to 15°C. Misty mornings, fresh air, and occasional light drizzle are common.

Yala

Yala in March is hot and dry, with temperatures reaching 30°C to 35°C during the day and easing to 24°C to 26°C at night.

Galle

Expect 28°C to 32°C in the day and 25°C to 27°C at night. The sea breeze makes walking around the fort and coastal areas pleasant even in the afternoon. Occasional light showers may appear, but they are brief and usually followed by clear skies and golden sunsets.

Travel Insurance:

Travel insurance is **COMPULSORY** and should be arranged when you pay your deposit for this tour. At a minimum, your policy must cover medical expenses, including emergency repatriation. We strongly recommend a comprehensive policy that also includes personal liability, cancellation, curtailment, and loss of luggage or personal effects.

E VISA:

Australian passport holders are required to obtain a visa to travel to Sri Lanka. The most common option is an e-Visa, which can be applied for online before departure. We recommend applying at least 3 weeks prior to departure.

Passports:

Guests are responsible for ensuring they hold a valid passport (with at least six months' validity beyond their return date).

WHATSAPP:

Nellie will create a WhatsApp group for us to communicate and share photos once we're in Sri Lanka.

Tipping:

Tips for accommodation, meals and included activities are covered. If you wish to offer a small additional tip to local guides or others who have looked after you especially well, it is always appreciated. Tips for your dedicated local tour team — driver, local guide and tour manager — are not included. As a guide, please allow approximately \$15 AUD per person, per day.

Vaccinations:

Please consult a travel vaccination specialist well in advance of departure. More information can be found at: www.travelvax.com.au

Packing:

Nellie always shares a recommended packing list with guests as the trip approaches.

How to make a booking:

All bookings are subject to availability.

Please email your booking/enquiry to: info@relishmama.com.au

Booking forms are available on the Tours pages on the Relish Mama website, and a booking form must be completed to join the tour.

A deposit is required to secure your booking. Balance is required 60 days before departure and will be invoiced before the due date.

A photograph of two people silhouetted against a bright sunset over the ocean. They are sitting on a traditional fishing boat, with their bodies and the boat's structure appearing as dark shapes against the glowing orange and yellow sky. The sun is low on the horizon, creating a strong backlight effect. The water in the foreground shows gentle waves.

“TO JOURNEY THROUGH
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Get in touch:

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