

'MY SRI LANKA'

TOUR WITH PETER KURUVITA

07-19 OCTOBER 2024 - 12 NIGHTS



TRIP HIGHLIGHTS

- Local markets & bazaars.
- Cook traditional recipes with Peter.
- Climb spectacular Sigiriya Rock Fortress.
- Visit Kandy's sacred Temple of the Tooth.
- Kandyan fire dancing.
- Dambulla Cave temple.
- Village and Cultural experiences.
- Tea fields of Nuwara Eliya.
- Wildlife Safari in Yala National Park.
- Udawalawe Elephant Orphanage transit home.
- Explore the colonial history of Galle Fort.
- South Coast Beaches.
- The vibrant sights & markets of Colombo.

THE TRIP

NEGOMBO - SIGIRIYA - KANDY - NUWARA ELIYA - YALA - GALLE - COLOMBO

Join world renown chef & TV personality, Peter Kuruvita, for an extraordinary food safari to his homeland, Sri Lanka. Peter takes you behind the scenes, to meet the people and discover the cuisine that makes up Sri Lanka's melting pot.

Marvel at magnificent temples, see the World Heritage Rock Fortress at Sigiriya, search for elephants and other wild animals at Yala National Park, discover the fascinating caves at Dambulla and explore the Southern beaches and Dutch Galle Fort. Along the way we'll try our hand at making egg hoppers and kottu roti, as well as cooking our curry lunch in clay pots over an open fire. Stay in hand-picked 4-5 star accommodation and indulge in incredible food experiences for a truly inspired journey!

ABOUT PETER KURUVITA

Peter Kuruvita is an award-winning chef and restaurateur, TV presenter, author, and restaurant consultant.

Inspired by his childhood in Sri Lanka, Peter's signature style combines fresh local produce infused with global spices.

Peter's restaurant history includes Flying Fish Sydney & Fiji, Noosa Beach House and Alba Noosa restaurant and cooking school.

Peter has published 3 cookbooks over the years, and presented 5 x TV series with SBS Television, which air on many networks worldwide. His shows combine beautiful scenery with sensational local cuisine.



WWW.PETERKURUVITA.COM



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AT A GLANCE

- DAY 1 – OCT 07: ARRIVE COLOMBO, TRANSFER TO NEGOMBO
DAY 2 – OCT 08: NEGOMBO MARKETS, TEMPLE, SEAFOOD DINNER
DAY 3 – OCT 09: DRIVE TO SIGIRIYA, COOKING EXPERIENCE
DAY 4 – OCT 10: SIGIRIYA ROCK FORTRESS, VILLAGE EXPERIENCE
DAY 5 – OCT 11: DRIVE TO KANDY, DAMBULLA CAVE TEMPLES
DAY 6 – OCT 12: SACRED TOOTH RELIC TEMPLE, KANDY BAZAARS, HOPPER DEMO, KANDYAN SHOW
DAY 7 – OCT 13: TRAVEL TO TEA FIELDS OF NUWARA ELIYA
DAY 8 – OCT 14: JOURNEY TO YALA, PEDRO TEA FACTORY TOUR
DAY 9 – OCT 15: YALA PARK WILDLIFE SAFARI, KATARAGAMA TEMPLE
DAY 10 – OCT 16: JOURNEY TO UNAWATUNA, UDAWALAWE ELEPHANT TRANSIT HOME, POTTERS VILLAGE
DAY 11 – OCT 17: HISTORIC GALLE TOUR, BEACHSIDE PARTY
DAY 12 – OCT 18: DRIVE TO COLOMBO, PETTAR MARKETS, CITY TOUR, MINISTRY OF CRAB
DAY 13 – OCT 19: TRIP CONCLUDES

ACCOMMODATION

You will be accommodated in 4-5 star hotels which have been chosen for their local flavour and location. While we will do our best to avoid any hotel changes, this trip operates during the high season, and there may be changes beyond our control. Hotels of equal or greater standing will always be substituted.

- NEGOMBO – Pledge Scape Hotel
SIGIRIYA – Sigiria Water Gardens Hotel
KANDY – Jetwing Gallery Hotel
NUWARA ELIYA – The Grand Hotel
YALA – 'Thema' Kithala Resort
GALLE – Raddison Blu Resort
COLOMBO – Cinnamon Lakeside



WHAT'S INCLUDED

- 12 breakfasts, 7 lunches, 11 dinners.
- Accommodation in 4–5-star hotels - inc. breakfast.
- Airport transfers (days 1 & 13 only)
- All internal transport by luxury vehicle.
- Local English-speaking driver/guide.
- 6 x cooking experiences.
- Jeep hire + tracker at the national parks.
- Sightseeing and site entry fees as listed.
- Recipe Book & Gift pack
- Escorted by Peter Kuruvita
- Tips (hotels/restaurants, portorage, care of shoes at the sacred relic temple)
- Refillable filtered water





'MY SRI LANKA' TOUR WITH PETER KURUVITA

DETAILED ITINERARY

DAY 1 OCT 07: ARRIVE COLOMBO, TRANSFER TO NEGOMBO

- Flights generally arrive into Colombo just prior to midnight (Qantas, Singapore Airlines, Sri Lankan Airlines)
- You will be met and transferred to your hotel in Colombo (arriving to hotel at approx 01:30 am).

Overnight Pledge Scape Hotel, Negombo.

Meals: NIL

DAY 2 OCT 08: NEGOMBO MARKETS, TEMPLE, SEAFOOD DINNER

- Early morning trip to fishing harbour to explore the fish market auctions.
- Sample local delicacies at the bustling farmers market.
- Relax with a snack at the hotel
- A serene introduction to Buddhism at Kalaniya Raja Maha Viharaya temple.
- Seafood feast dinner with Chefs of Negombo Seafood Embassy.

Overnight Pledge Scape Hotel, Negombo.

Meals: B,D

DAY 3 OCT 09: DRIVE TO SIGIRIYA, COOKING EXPERIENCE

- We set off for Sigirya, stopping along the way in Kurunegala and help cook a traditional village meal for lunch.
- Learn all about Sri Lanka's Tree of Life - the coconut.
- Relax in modern luxury before a Traditional Dinner at the Hotel

Overnight Sigirya Water Gardens Hotel, Sigirya

Meals: B,L,D

DAY 4 OCT 10: SIGIRIYA ROCK FORTRESS, VILLAGE & COOKING EXPERIENCE

- Explore and climb the rock fortress of Sigirya, a Royal Citadel for 20 years in the 5th Century AD and built by King Kasyapa. Rising 600ft this unique "castle in the sky" boasts water gardens, irrigation systems, rock frescoes.
- Stop at Dambulla market for ingredients for a journey by hand tractor, canoe, and tuk tuk to a traditional farmers home where everyone joins in to cook a village lunch on wood-fired brick stoves.
- Enjoy dinner at the Hotel with a menu curated by Peter.

Overnight Sigirya Water Gardens Hotel, Sigirya

Meals: B,L,D

DAY 5 OCT 11: DRIVE TO KANDY, DAMBULLA CAVE TEMPLES, SPICE GARDEN & HANDICRAFTS

- We head to the cultural centre of Kandy, stopping at Dambulla Cave Temples. A sacred pilgrimage site for 22 centuries, this cave monastery, is the largest, best-preserved cave-temple complex in Sri Lanka, featuring mural paintings and 157 statues. Removed Potters village.
- Experience traditional art and wood carvings on the way to a Spice Garden, where you will learn how to cook coconut roti, seeni sambal & New Year sweets, which you will enjoy overlooking rice paddies.
- Relax at the hotel overlooking the Mahaweli River before dinner.

Overnight Jetwing Gallery Hotel, Kandy

Meals: B,L,D



FAST FACTS

DATES:

07 - 19 October, 2024

COUNTRY:

Colombo, Sri Lanka

TRIP COST::

Land Only: AUD \$6,650 pp

SINGLES:

Single supplement available on enquiry.

MINIMUM:

10 people

Required to go ahead.

MAXIMUM:

20 people.

GROUND OPERATOR:

Experienced & trusted experts **Stemish Travels**

have managed Peter Kuruvita tours for 10+ years.

www.stemishtravels.com

info@stemishtravels.com

Hotline: +94 777 727535

HOST: Peter Kuruvita





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DETAILED ITINERARY

DAY 6 OCT 12: SACRED TOOTH TEMPLE, KANDY BAZAARS, HOPPER DEMO, KANDYAN SHOW

- A day spent in Sri Lanka's beautiful hill capital, stronghold of Sinhala Kings.
- We visit the Sacred Tooth Relic Temple, the global headquarters of Buddhism, where we witness the locals in worship of the Lord Buddha's relic, brought from India in the 4th century.
- Explore the bazaars and the street vendors, selling cultural items including art, handicrafts, jewellery, and gems.
- Visit the magnificent Royal Botanical Gardens marvelling at more than 5000 species of flora. Once the pleasure garden of a Sinhala King, and Lord Mountbatten's headquarters, we will enjoy a picnic lunch under the canopy of Banyan trees.
- Back at the hotel, everyone joins Peter for a hands-on cooking class where you will make the delicious and traditional kottu roti and famous egg hoppers. The results will be enjoyed as your dinner, while you watch a traditional Kandyan show, including the famous flame and fire walking dance.

Overnight Jetwing Gallery Hotel, Kandy

Meals: B,L,D

DAY 7 OCT 13: TRAVEL TO TEA FIELDS OF NUWARA ELIYA, CITY TOUR, HIGH TEA

- A scenic drive to the famous tea country of Nuwara Eliya, also known as "Little England".
- We arrive at spectacular Grand Hotel in time to enjoy a true traditional British High Tea with, flavoured with some true Sri Lankan delicacies, overlooking beautiful lawn and gardens. Here Peter and the chefs demonstrate how to prepare traditional Sri Lankan favourites.
- Next we venture out into the beautiful hill city of Nuwara Eliya, with a detailed city tour, taking in sights such as Victoria Park, Gregory Lake, and the local market, before returning to settle into our hotel
- As we are in the kingdom of Ceylon Tea, we will start the evening with some tea-infused mock-tails and cocktails before dinner.

Overnight Grand Hotel, Nuwara Eliya

Meals: B,L,D

DAY 8 OCT 14: TRAVEL TO YALA, 9 ARCHES BRIDGE, TEA FACTORY, KATHARAGAMA TEMPLE:

- After breakfast, we set out on our adventure to the natural wonders of Yala National Park.
- On the way, we stop at a working tea factory and plantation, Pedro Tea Factory. Meet the local tea pickers, learn the art of fine Ceylon tea, and have the opportunity to buy the freshest tea, straight from the plantation.
- We then stop near Ella to witness the famous 9 Arches bridge, hopefully with a train crossing for the perfect photo capture.
- After checking into the hotel, we visit the the most sacred pilgrimage sites in Sri Lanka, Kataragama temple. Venerated by the Buddhists, Hindus, Muslims and the Vedda people, we'll experience a unique worship ceremony
- Dinner awaits in the modern luxury of our accomodation.

Overnight Kithala Resort - 'Thema Collection', Thissamaharama

Meals: B,D

HOW TO BOOK

TRIP COST::

Land Only: AUD \$6,650

SINGLES:

Single supplement available on enquiry.

MAKE AN ENQUIRY:

E: info@peterkuruvita.com

A booking form will be emailed with payment details.

DEPOSIT & BALANCE::

A AUD \$550 non-refundable deposit is required to confirm your booking. Balance is required 60 days before departure.

NOTE:

These trip notes represent the most current information and pricing and should be viewed as a guide only. Changes may occur due to circumstances beyond our control.



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DETAILED ITINERARY

DAY 9 OCT 15: YALA PARK WILDLIFE SAFARI; YALA PARK WILDLIFE SAFARI,

- A pre-dawn wake up call this morning to board our luxury jeeps (with a breakfast pack) and venture out on a morning safari to explore the Yala National Park - renowned for the largest contingent of leopards in the whole of South East Asia.
- We have specifically chosen the vicinity of Yala that is quietest to explore the game reserve in search of sloth-bear, elephants, crocodiles, jackals, water buffalo, birds and much more, before returning for a substantial traditional breakfast with great appetite.
- The afternoon is free to relax by the pool or take a massage. For the more adventurous, we can happily arrange an additional safari for the afternoon (Please note, this would be an additional cost)
- Once together again, dinner is a sophisticated affair with musicians providing dancing tunes for our party. Tonights meal will be served with wine and beer on an inclusive basis.

Overnight Kithala Resort - 'Thema Collection', Thissamaharama

Meals: B,D

DAY 10 OCT 16: TRAVEL TO GALLE, UDAWALAWE ELEPHANTS, MANKADA POTTERS VILLAGE

- After a leisurely breakfast, we would travel to the regions of Udawalawe, where we stop en route to visit the unique Elephant Transit Home, a halfway house for orphaned elephants. After rehabilitation, the elephants are released back into the wild, many into the Uda Walawe National Park.
- Next we visit Maha Kubala, the chief potter of the Mankada Potters Village. Here you will cook in clay pots over an open fire with Peter and the village chefs, and prepare a delicious lunch.
- Following that, we travel to the Galle district on the South West coast, with its Dutch heritage, and land on the beautiful Galle coastline. Relax with a swim on our own private beach before dinner.

Overnight Raddison Blu resort, Galle

Meals: B,L,D

DAY 11 OCT 17: HISTORIC GALLE TOUR, BEACHSIDE PARTY

- After breakfast, we explore the magnificent Dutch heritage of Galle Fort, taking part in a thorough city tour. Galle is a port city, with a unique charm. Take in the historic buildings, cobble stone streets, and artistic boutiques.
- Next we enjoy a late lunch at the Lady Hill Hotel, to the backdrop of the most extraordinary views of Galle. Enjoy a traditional Southern Fish Curry and Beef Curry with sambals and Firewood Baked Bread and Coconut Roti's.
- After lunch, Peter will demonstrate how to make a Muslim snack unique to the identity of Galle, the traditional egg-roll, where a detailed demonstration of cooking would be carried out by Peter.
- Dinner is an ocean feast of crayfish, prawns, crab, calamari, and swordfish with live music and fireworks under the palm trees.

Overnight Raddison Blu resort, Galle

Meals: B,L,D

PREPARATION

TRAVEL INSURANCE:

Travel Insurance should be purchased once you've placed your deposit. Travel with a copy of your documents.

VACCINATIONS:

Please consult a travel vaccination specialist well prior to departure. More information can be found at:

www.travelvax.com.au

VISA & PASSPORT:

A valid entry Visa is required, as is a passport with 6 months+ validity remaining. Purchase online: <https://www.eta.gov.lk/> Provide the address in Sri Lanka:

Stemish Travels

51/11E Suba Asiri Mawatha
Lakshapathiya Road
Rawathawatta, Moratuwa



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DETAILED ITINERARY

DAY 12 OCT 18: DRIVE TO COLOMBO, PETTAR MARKETS, CITY TOUR, MINISTRY OF CRAB

- After a leisurely breakfast, we set out for Colombo and arrive at the city's commercial centre. We take a detailed city tour of the region, visiting many significant sites of culture, history, and art.
- Experience the hustle & bustle of Colombo life at Pettah Markets, with street vendors of all variety, along with boutiques for shopping.
- We stop for refreshment at the Dilmah Tea Lounge at Horton Place to unwind with a simple snack and a cup of Ceylon tea - to personal order.
- We check into the luxurious Cinnamon Lakeside Hotel to unwind before heading out for our last dinner together at the award winning, world-renowned, Ministry of Crab. Experience a set menu featuring Lagoon Prawns and our world famous Sri Lankan Mud-crab.

Cinnamon Lakeside Hotel, Colombo

Meals: B,D

DAY 13 OCT 19: TRIP CONCLUDES

All good things must come to an end, our rooms are available until 12pm. If a later departure is needed, please advise so this may be arranged and added to your bill. We will coordinate your departure transfer to the airport. Check in at the international airport is three hours prior to your departure flight, as per Sri Lankan aviation laws.

Meals: B

ADDITIONAL ARRANGEMENTS

Flights from Australia generally land at Colombo Airport late in the evening. You may wish to consider arriving a day earlier so you are well rested for the trip ahead. Likewise you may wish to extend your trip and visit other regions and sites in Sri Lanka. Jeremy from Stemish Travels is highly recommended to make these arrangements for you, with his local knowledge and connections. Please email your enquiry to Jeremy directly: info@stemishtravels.com

JOINING THE TOUR

You will be met in the airport arrivals hall and escorted to your transfer. The price includes your arrival/departure airport transfers if arriving/departing on the official tour dates, or when booking pre and post night accommodation with Stemish Travels. Please email your international flight times to info@stemishtravels.com.au so we can arrange your transfers accordingly.

TIPPING:

For your convenience, \$100 of your tour cost covers Daily Tips (hotels/restaurants, portage, bus drivers, care of shoes at the sacred relic temple)

A portion of this amount will also be donated to charity for the well being of those in need. This will be managed by our trusted ground operator, Stemish Travel

WHAT'S NOT INCLUDED:

- International flights.
- Aerated & alcoholic drinks.
- Items of a personal nature such as phone calls, laundry, etc.
- Airport & departure taxes.
- Visa.
- Travel insurance.
- Roadside snacks while travelling.
- Tip for your dedicated Local Expert, Jeremy of Stemish



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CLIMATE:

Sri Lanka is a tropical country with distinct dry and wet seasons and a humid climate. However, the seasons depend on your location on the island. Our trip operates in the Southwest between seasons, before the monsoon starts in December-January. Av. temp will be around 30°C on the coast, 20°C in Kandy and may fall to around 17°C in the hills. You should be prepared for cool nights in the hills (as low as 10°C).

WHAT TO CARRY:

- Rain jacket
- Water bottle
- Camera gear
- Valuables
- Personal items such as sunscreen, lip-eze etc

The coach is tended and safe.

THE COUNTRY

Sri Lanka, formerly Ceylon, is an island republic in the Indian Ocean off the South-eastern coast of India. Rich in culture, ancient arts and history, dating back more than 2600 years to the arrival of the Indus Arians, who initiated civilization in this enchanted paradise.

Abundant in many resources such as spices, coconut, pottery, gems and jewels, and the famous Ceylon tea, it has been influenced by civilizations dating back thousands of years. The Portuguese, Dutch, and British saw the value of this region, where they each settled for 150 years.

The greatest length from north to south is about 440 km; the greatest width is about 220 km, with the commercial capital and largest city being Colombo. Around 74% of the population of Sri Lanka is of Sinhalese descent. The largest minority groups are the Sri Lankan Tamils and Indian Tamils (18% of the population). The remaining population includes the descendants of Moors (Arabs), Burghers (Dutch), Malays, and Veddas. The population is close to 22 million, with the majority living in the countryside and only 23% residing in urban areas.

Buddhism was first introduced into Sri Lanka in the 3rd century BC and is the dominant religion in Sri Lanka (approx. 69% of the population). 15% of the population is Hindu, 8% is Christian, and 8% is Muslim.

Religion plays an important role in Sri Lanka. Most public holidays are based on religious festivals such as the annual Perahara (temple procession) in which ornamentally covered elephants and hundreds of dancers draw thousands of devotees. Pilgrimages also play an important role here, such as the trek to the top of Adams Peak. Muslims believe that Adam and Eve lived here after they left the Garden of Eden. Buddhists visit a rock on the peak that they believe contains one of Buddha's footprints. Another important pilgrimage is to the Temple of the Tooth in Kandy, where it is believed that one of Buddha's teeth is enshrined.

The official languages of Sri Lanka are Sinhala, or Sinhalese, and Tamil. English, the official language of the country until 1957, is still widely used.





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EATING IN SRI LANKA

Sri Lanka is home to a melting pot of cuisine. Throughout years of colonisation and influence from other countries and a history of spice trading, Sri Lanka has cultivated its own distinct flavour. Meals as outlined in the itinerary (excluding drinks) are included in our tour. Please be aware that dishes selected for your meals reflect the cooking styles and signature dishes of the local area you are in.

Dishes served in restaurants on our tours are varied. Some will be vegetable-based and some meat-based. Our restaurants are aware of the western palate – there are plenty of non-spiced options. Dishes will usually be served either as a set menu with a few choices, or in a buffet style to allow you to sample many different options.

Snacks on the roadside while travelling will be served from popular traditional 'boutiques'. These are low-cost and at your personal expense. This is a memorable highlight of the Sri Lankan 'road-trip'.

We recommend that when it comes to Sri Lankan food, you stay open-minded and try to be adventurous!

DIETARY REQUIREMENTS:

Please advise well in advance of departure if you are vegetarian, have allergies or intolerances. Please note that options are likely to be limited in remote locations.

We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.



PHYSICAL LEVEL 2:

You will require unaided mobility and the ability to stroll around the sights.

A reasonable level of fitness is required but it's more about spending time on your feet, rather than covering large distances. You'll be getting on and off coaches and boats, walking around the sights and climbing steps, some without handrails.

VEHICLES & SAFETY

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered.

It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted.





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ITINERARY & PRICE CHANGES :

It's our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as local conditions dictate. In these circumstances we'll make the best possible arrangements maintaining the integrity of your trip.

All prices are shown in Australian Dollars (AUD) and are current at date of printing this itinerary. In the event of unforeseen circumstances beyond our control we reserve the right to alter quoted prices without notice. This will only happen in the case of significant currency fluctuations or new government stipulations.

DEVELOPMENT IN SRI LANKA:

Although Sri Lanka is developing quickly, it still lacks the international standards of civil infrastructure and tourist facilities.

Concepts of personal responsibility are also different to those in Australia. Consequently, tourist and public facilities may not uphold the same safety standards as in Australia; for example, you may see a hole in the road without a warning sign or safety barricade.

All our suppliers meet local safety standards as a minimum. We want you to have an enjoyable holiday, so we ask that you take extra care, use your common sense, refer to notices and follow advice from your guide.

APPROPRIATE DRESS:

When visiting temples or mosques, both men and women should dress in conservative, non-revealing clothing. Full-length trousers with a shirt or t-shirt for men; and pants or skirts well below the knee with a top that covers the shoulders and upper arms for women. Women might also consider carrying a 'modesty shawl' in their daypack (a sarong or light scarf). Religious sites and homes throughout Sri Lanka, require all visitors to remove their shoes to enter. Even if you then need to walk outdoors, over hot or rough ground, you will not be allowed to wear shoes.

You will often find shoe storage rooms near the entrance of a site where it is customary to leave your shoes near the entrance. Occasionally there are 'shoe minders' who will offer to keep your shoes safe for a 'tip' – this is not compulsory so each customer can choose to tip for this service or not.

If you do not want to remove your shoes, you will have to remain outside. We recommend shoes that easily slip on and off, and carry a pair of thick, old socks in your daypack, which you can wear to protect your feet from any rough or hot surfaces. The itinerary above will indicate when you need to consider this.

