

'My Sri Lanka' Tour 2025

A Culinary Journey with Peter Kuruvita

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. Travelling the South-Western regions and coastline, 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, witness herds of wild elephants and search for leopards at Yala National Park. Discover the fascinating caves at Dambulla and explore historic Dutch Galle Fort and the palm-fringed beaches of the South Coast. Explore the bazaars of Kandy and the famous Temple of the Tooth before heading to the tea plantations of Nuwara Eliya by rail.

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.

Relax in luxury accommodations, travel in style, and relish exclusive local food experiences that set this tour apart. This isn't just a journey; it's a redefined food safari, promising unforgettable experiences at every turn.



YOUR HOST - PETER KURUVITA

Peter Kuruvita is an award-winning chef and restaurateur, TV presenter, author, and restaurant consultant, with a deep love for his homeland, Sri Lanka.

Inspired by his childhood in Sri Lanka, Peter's signature style combines fresh local produce with the flavours of Sri Lanka in a contemporary style.

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

Peter has published 3 cookbooks and presented 5 x TV series with SBS Television, which air worldwide.

His iconic TV show 'My Sri Lanka with Peter Kuruvita' introduced the beautiful scenery and sensational local cuisine of his homeland to the world.

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Itinerary in brief

Day 1	24th Oct	Arrive Colombo, Transfer to Negombo
Day 2	25th Oct	Temple blessing, St Mary's Church & Sunset Lagoon Cruise
Day 3	26th Oct	Proceed to Sigiriya, picnic & Elephant Safari, riverbank cocktails
Day 4	27th Oct	Climb Sigiriya fort, village cooking demo, & nightwatchman farm experience.
Day 5	28th Oct	Travel to Kandy, Dambulla Cave Temple, spice garden cooking demo, Kandyan dance.
Day 6	29th Oct	Explore Kandy Bazaars, Peradeniya Botanical Gardens, & Temple of the Tooth, finishing at the colonial The Royal Bar.
Day 7	30th Oct	Travel by train through tea-country to Nuwara Eliya. Visit a tea factory and pluck tea in the plantation.
Day 8	31st Oct	Scenic drive to Yala, stop at Wellawaya & experience freshly made local 'roti' and regional mushroom curry.
Day 9	1st Nov	Yala National Park morning Safari and evening visit to sacred Kataragama temple.
Day 10	2nd Nov	Scenic drive to historic Galle. Craft a clay mug at a potters village, followed by cooking demo & lunch at Galle Fort.
Day 11	3rd Nov	Day at leisure to shop in Galle Fort, have a massage or relax by the sea, followed by Beach Party in the evening.
Day 12	4th Nov	Drive along the coast to Colombo and tour iconic landmarks and bustling markets, followed by dinner at Ministry of Crab.
Day 13	5th Nov	Trip concludes - You may wish to explore Pettah markets and shop for souvenirs before your departure transfer.

Trip Highlights

Negombo town / Temple Daana with monks / Sunset Lagoon Cruise / Minneriya Elephant Safari / Wilderness picnic / Riverbank cocktails / Sigiriya Rock Fort / Dambulla Cave Temple Village & spice garden cooking demonstrations / Farm nightwatchmen experience / Kandy Bazaar / Kandyan Dancing / Temple of the Tooth / Peradeniya Botanical Gardens / Train trip to Nuwara Eliya / Tea plantations & factory / Yala National Park Safari / Kataragama temple / Traditional potters village / Historic Galle Fort / Beachside party / Dinner at Ministry of Crabs / Pettah Markets & Colombo tour

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Detailed Itinerary

Day 1 - 24th Oct

Arrive Colombo Airport & Transfer to Negombo

Flights generally arrive into Colombo just prior to or after midnight (Qantas, Singapore Airlines, Sri Lankan Airlines) Upon your arrival at Bandaranayake International Airport in Colombo, you'll be warmly welcomed by our friendly team, and swiftly transferred to the exquisite Wattura Resort & SPA, arriving to hotel after midnight.

The resort is nestled amidst lush greenery and overlooking pristine beaches. If you would prefer an extra day to settle in to your luxurious accommodation and unwind before the adventure begins, simply let us know and we will provide a quote and arrange the booking for you.

Overnight stay at Wattura Resort & Spa / Meals - NIL

Day 2 - 25th Oct

Afternoon Serenity: Temple Blessings and Coastal Delights

Mid-morning begin your tour with a visit to a local temple, where you'll seek blessings and participate in the calming ritual of pirith chanting. Enjoy a meaningful lunch with monks, embracing the spirit of the local daana ceremony as you share a meal steeped in tradition.

Refresh at the hotel before an afternoon visit to Sri Lanka's largest Catholic church, St Mary's. Negombo has a strong Roman Catholic presence, stemming from Portuguese rule, sometimes referred to as 'Little Rome'.

Next, embark on a picturesque mangrove boat ride as the sunsets over the Negombo lagoon. Arrive at one of the secret sand banks & join in the fun of preparing delightful seafood bites right on the water while sipping on refreshing lagoon cocktails, feeling the soft earth beneath your feet. This unique experience combines spirituality, community, and culinary creativity for a memorable day by the coast.

Overnight stay at Wattura Resort & Spa / Meals - Breakfast, Temple Lunch & Dinner

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Day 3 – 26th Oct

Wilderness Escape: Safari Adventures and Riverbank Delights

Set off on an exhilarating drive from Negombo to the stunning landscapes of Sigiriya. Once you arrive, enjoy a delightful picnic lunch in the heart of the wilderness, surrounded by nature's beauty.

After your meal, embark on an exciting jeep safari, where you'll witness the largest Elephant gathering of the world where you see herds as big as 300-400 humble giants gather for water. Also explore the rich flora and fauna of the region. As the sun begins to set, unwind on the riverbank with refreshing cocktails, illuminated by fire torches and accompanied by the sounds of local music, creating a magical atmosphere.

To top off your adventure, join in the preparation of delicious freshwater fish bites, connecting with the land and its flavors. This unforgettable day promises a perfect blend of exploration, relaxation, and culinary delight.

Overnight stay at Signature by Amaya Suites / Meals – Breakfast, Picnic Lunch & Dinner 

Day 4 – 27th Oct

Cultural Journey: Sigiriya Climb and Village Immersion

Begin your morning with a thrilling climb up Sigiriya, the iconic rock fortress, where you'll be rewarded with panoramic views and a deep dive into Sri Lanka's rich history. After conquering the heights, embark on a delightful village tour, which includes a peaceful boat ride on tranquil waters and an exhilarating tuk-tuk ride through lush landscapes.

Immerse yourself in local cuisine with a village lunch cooking demonstration. Here, you'll learn to prepare traditional dishes using fresh, local ingredients, all while enjoying the warm hospitality of the community.

Return to the hotel, spend the evening at leisure and as night falls, experience the unique role of a night watchman on a remote farmer's land. This immersive experience allows you to connect with the rhythms of rural life after dark, offering a peaceful end to a day filled with adventure, culture, and culinary delights.

Overnight stay at Signature by Amaya Suites / Meals – Breakfast, Village Lunch & Dinner

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Day 5 – 28th Oct

A Culinary Spice Journey to Kandy

Set off on a picturesque drive from Sigiriya to Kandy, taking in the stunning landscapes of Sri Lanka along the way. Your journey begins with a visit Dambulla Cave Temple & monastery, a sacred pilgrimage site for 22 centuries. After this, visit a vibrant spice garden, where you'll learn about the various spices that flourish in this region. Explore the lush surroundings and discover the significance of these aromatic treasures in local cuisine.

Next, participate in a hands-on cooking demonstration, where skilled chefs will guide you through the preparation of traditional dishes using fresh spices from the garden. Enjoy a delicious lunch featuring the flavorful creations you've helped prepare, immersing yourself in the rich culinary heritage of Sri Lanka. This delightful experience promises to tantalize your taste buds and deepen your appreciation for the art of cooking.

As evening falls, witness a captivating cultural show, celebrating Sri Lanka's rich heritage through dance and music.

Overnight stay at Hotel Suisse / Meals – Breakfast, Spice Garden Lunch, Dinner

Day 6 – 29th Oct

Cultural Feast: A day in hill-top Kandy

Begin your day with exploring the city's shopping scene, discovering unique local crafts, souvenirs, and exclusive gems & jewellery. Then head to the beautiful Peradeniya Botanical Gardens, where you can take a peaceful stroll through the historical landscapes, much like the locals do. Enjoy a delightful picnic lunch amidst the lush greenery, surrounded by exotic flora.

Return to the hotel in the afternoon, relax & take a walk around the lake to visit the revered Temple of the Tooth, an iconic site of spiritual and cultural significance.

Conclude your day with a scenic walk through Kandy's lively markets, taking in the vibrant street scenes. Unwind at a local bar, immersing yourself in the city's nightlife, and toast to your adventure with a refreshing beer at the famous Royal Bar.

Overnight stay at Hotel Suisse / Meals – Breakfast, Picnic Lunch, Dinner

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Day 7 – 30th Oct

Scenic Journey: Train to Nuwara Eliya and Tea Experience

Embark on a breathtaking train journey from Kandy to Nuwara Eliya, renowned for its stunning landscapes and cool climate. As you travel through lush hills and picturesque valleys, you'll experience the beauty of Sri Lanka's countryside.

Stop en route to visit a traditional tea factory, where you'll learn about the tea-making process and the art of cultivation. After the tour, enjoy a freshly brewed cup of tea in the enchanting tea plantation, served by a skilled tea plucking woman. This unique experience allows you to savor the flavors of high-quality Ceylon tea while surrounded by the lush greenery of the plantation.

This journey promises not only stunning views but also a deep appreciation for the country's rich tea heritage, making for an unforgettable day in the heart of Sri Lanka's tea country.

Overnight stay at Golden Ridge / Meals – Breakfast, Packed Lunch & Dinner

Day 8 – 31st Oct

Culinary Journey: From Nuwara Eliya to Yala

Set off on a scenic drive from Nuwara Eliya to Yala, where stunning landscapes unfold along the way. Make a memorable stop in Wellawaya, known for its delicious local cuisine. Here, indulge in freshly made roti paired with flavourful mushroom curry, experiencing the rich tastes of the region.

This delightful culinary break not only satisfies your appetite but also allows you to connect with local traditions and flavors. As you continue your journey to Yala, you'll carry with you the warmth of Wellawaya's hospitality and a newfound appreciation for Sri Lankan cuisine.

Overnight stay at Double Tree by Hilton Yala / Meals – Breakfast, light Lunch & Dinner

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Day 9 – 1st Nov

Wild Encounters and Spiritual Journeys: Yala Safari and Kataragama Temple

Start your day with an exhilarating Yala Safari, where you'll explore the diverse wildlife of Sri Lanka's most famous national park. Keep your eyes peeled for majestic leopards, elephants, and a variety of bird species as you traverse the stunning landscapes. Enjoy an afternoon of relaxation in the beautiful surrounds of your hotel on the banks of Weerawila Lake.

In the evening, immerse yourself in spirituality with a visit to the Kataragama Temple, a sacred site that attracts pilgrims from various faiths. Experience the vibrant rituals and serene atmosphere as you learn about the rich cultural significance of this revered location. This day seamlessly blends adventure and spirituality, offering a unique glimpse into the heart of Sri Lanka's natural and cultural heritage.

Overnight stay at Double Tree by Hilton Yala / Meals – Breakfast & Dinner

Day 10 – 2nd Nov

Artisan Adventures: From Yala to Galle

Embark on a scenic drive from Yala to Galle, where history and creativity await. Your first stop is a charming potters' village, where you'll have the unique opportunity to craft and burn your very own mug, learning traditional pottery techniques from skilled artisans.

After your creative experience, enjoy a delicious lunch at Galle Fort, paired with an engaging cooking demonstration. Discover the secrets of local cuisine as you watch chefs prepare traditional dishes, then savour the flavours in a beautiful setting surrounded by history.

After lunch, explore the historic Dutch Fort further or relax in the luxurious surrounds of your seaside accommodation.

This delightful day offers a perfect blend of artistic expression, culinary discovery, and the enchanting atmosphere of Galle, making for an unforgettable experience.

Overnight stay at Jetwing Lighthouse / Meals – Breakfast, Lunch

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Day 11 – 3rd Nov

Relax and Unwind: Day at Leisure with Evening Beach Party

Enjoy a blissful day at leisure, allowing you to explore at your own pace or simply relax and soak up the sun. Whether you choose to wander the beach, indulge in a spa treatment, or explore the cobbled streets of Galle Fort, enjoying the local boutiques and cafés, the day is yours to savour.

As the sun sets, join us for a vibrant beach party, where you can dance to lively music, enjoy delicious snacks, and connect with fellow travelers. With the sound of waves in the background and a festive atmosphere, it's the perfect way to celebrate your time by the coast. Embrace the spirit of the evening and create lasting memories under the stars.

Overnight stay at Jetwing Lighthouse / Meals – Breakfast & Dinner

Day 12 – 4th Nov

Coastal Journey: Galle to Colombo with city tour & Ministry of Crab

Set off on a scenic drive from Galle to Colombo, enjoying the picturesque coastal views along the way. Upon arrival, immerse yourself in the vibrant energy of Sri Lanka's capital with a captivating city tour. Enjoy the rich history with a visit to the Dutch Burgher Union for lunch and then explore iconic landmarks, bustling markets, and cultural sites that showcase the rich heritage of Colombo.

As the day comes to a close, indulge in a culinary highlight at the renowned Ministry of Crab. Known for its exquisite seafood, this celebrated restaurant offers a memorable dining experience where you can savor the freshest crab dishes, expertly prepared by top chefs. This day seamlessly combines exploration and exceptional cuisine, making for a perfect ending to your journey.

Overnight stay in Cinnamon Grand / Meals – Breakfast, Lunch & Dinner

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Day 13 – 5th Nov

Trip concludes. Proceed to Airport for the departure flight

Today marks the end of your unforgettable journey through Sri Lanka. After breakfast at your hotel in Colombo, check out in time to ensure a smooth departure process. You may wish to explore Pettar markets and do some shopping. Departure transfer from the hotel will be 4 hours prior to airport departure time.

As you bid farewell to the beautiful island of Sri Lanka, take with you cherished memories of your adventures, cultural experiences, and culinary delights. We hope your time spent exploring this enchanting destination has been filled with joy, discovery, and unforgettable moments.

Trip Price

AUS 6,450 Per person sharing twin / AUD 1885 Single supplement
(Based on minimum 12 pax)

Trip Includes

Celebrity chef Peter Kuruvita as your host throughout the entire tour / 12 Nights' accommodation in 4 & 5 star hotels / Transport throughout the tour with the services of a National Guide / all the activities in the above mentioned 'Trip Highlights' section including entrance fees / 27 meals - 12 Breakfast, 7 lunches and 8 Dinners / 5 cooking experiences / For your convenience - Tips for hotel staff, temples and experiences.

Trip Excludes

Return Airfare / Travel insurance / Visa / Any expenses of personal nature / Beverages throughout the tour / Roadside snacks while travelling / Unlisted meals / Tips for your dedicated tour team of driver, conductor & local guide.

How to make a booking

EMAIL your enquiry to: 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 to may occur due to circumstances beyond our control.

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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.

Additional arrangements

Flights from Australia generally land at Colombo Airport late in the evening or after midnight. 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.

We can provide you a quote and make the necessary bookings.

Please email your enquiry to info@peterkuruvita.com

Joining the tour

You will be met in the airport arrivals hall of Bandaranayake International Airport in Colombo, and escorted to your transfer. The price includes your arrival/departure airport transfers if arriving/departing on the official tour dates.

Please email your international flight times to info@peterkuruvita.com so we can arrange your transfers accordingly. We will provide a quote for individual transfer requests prior to the payment balance date 60 days prior to departure.

Preparing for your trip

FLIGHTS: It is best for you to book your own flights, so as to avoid an agents commission.

Sri Lankan airlines fly direct from Sydney and Melbourne, Qantas and Singapore Airlines also fly to Colombo. Flights generally land late at night and you will be transferred directly to the hotel to rest. Likewise, departing flights also leave late at night, or just past midnight, so be sure you check the date is correct when you make your flight booking.

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. We will email you instruction for VISA application 60 days prior to departure.



DEVELOPEMENT 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.

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.

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.

Ambuluwawa Tower's striking architectural design on the North East Tour presents a more challenging physical exertion level. Rest assured we keep entertained those who wish to marvel at the tower from ground level and admire the views.





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 backpack (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 backpack, 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.

THE 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 mostly in the Northeast during a dryer period. Av. temperature will be around 30°C, and in Kandy it may fall to around 20°C in the evening. There is still the chance of rain as we cover a large region.

WHAT TO CARRY

Rain jacket | Water bottle | Modesty scarf
Camera gear | Valuables | Local currency
Personal items such as sunscreen, hanky..
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%) 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.

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.

RELIGION

Buddhism was first introduced into Sri Lanka in the 3rd century BC and is the dominant religion in Sri Lanka (approx. 69%). 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 and the Temple of the Tooth in Kandy, where it is believed that one of Buddha's teeth is enshrined.





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.

