



196 2/1, Sri Jayawardenepura Mawatha, Welikada {Parliament Road}, Rajagiriya, Sri Lanka

Tel: +94117670600 | Fax: +94117670620 | Email: info@holidayplandmc.com | web: www.holidayplandmc.com

Company Reg. No. PV86296 | Civil Aviation License No. A-1018 | Sri Lanka Tourism Reg No. SLTDA/SQA/TA/01590



Program : Cuisines of Paradise
Duration : 07 nights 08 days
Period : On request

'Please ensure you have applied for visa via ETA website www.eta.gov.lk and hold the confirmation or reference number printed and with you at the time of arrival in CMB. If you are entering Sri Lanka twice you must have a dual or multiple travel authorization in hand enabling smooth handling at the immigration counters on arrival. Once you clear immigration, collect bags and come out to the arrival hall through the green channel, please meet your driver-guide and or welcome crew before spending time to exchange money at the airport bank counters. Please look for persons holding the name board at arrival hall to find out your driver-guide or crew. Should you encounter any difficulty you may call our 24/7 mobile hotline +94772447111 for any assistance required at airport, during the start of your tour or at any time. It's always good to discuss the tour on the first day with your driver-guide, guide or tour leader just to make sure that the final program you hold is the exact one which was finally confirmed to you/your group. (Above ETA information is for passengers arriving at CMB airport)

Day 01 Pinnawela – Sigiriya (170kms | 6-7hrs)

Meet and welcome at CMB airport and we board our private vehicle and start driving past the scenic villages to Pinnawela. Arrive in Pinnawela and visit the famous Elephant Orphanage. Spend about 45min to 1hr in Pinnawela enjoying viewing the majestic beasts and see the baby Elephants being fed and later see the herd bath in the nearby stream.

Later drive through Rambukkana – Kurunegala and Dambulla to reach your accommodation in Dambulla or Sigiriya area. The rest of the day will be at leisure.

Overnight in Dambulla or Sigiriya BB basis at a chosen category of hotel

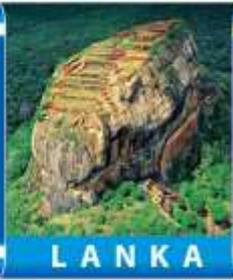
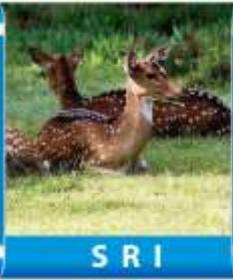
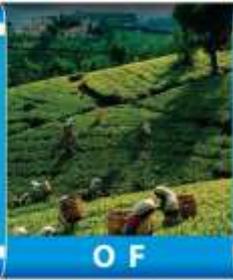
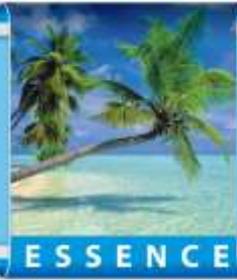
Inclusions: Meet & welcome, Transport, Driver-guide, Pinnawela and Hotel

Day 02 Minneriya Park-Cooking Rice & Curry (155kms | 7-8hrs)

Breakfast at hotel and then drive to Minneriya and board a 4x4 jeep and take a drive in to the Minneriya national park where you can see Wild Elephants, Other animals and birds.

Enjoy the game drive and return to board your vehicle and drive to meet a local family in Habarana area, where we will have a fun time cooking the local staple 'Rice & Curry' ending up with consuming the fruits of labor as lunch. Understand the local utensils, Condiments, Spices and Herbs which go in to daily cooking. Whilst few items will be ready by the time you visit few items will be left for your participation and cooking.

- ➔ Hand on experience to scrape the creamy coconut using a traditional scraper
- ➔ Grind spice mix spice paste on the stone 'Miris Gala'
- ➔ Mix and make the popular 'Coconut Sambol / Yellow Sambol'
- ➔ Help and cook the 'Dhall curry'
- ➔ A quick hand in making 'Tempered Potato'
- ➔ Enjoy helping to make the traditional 'Fish white curry' or 'Kiri Maalu'



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Enjoy having lunch in a local setting and finally drive back to your hotel to spend time at leisure.

Please be mindful and wash your hands well after handling various spices and herbs.

Overnight in Dambulla or Sigiriya BB basis at a chosen category of hotel

Inclusions: Breakfast, Minneriya Park, Cooking with locals and lunch, Transport, Driver-guide and Hotel

Day 03

Dambulla – Matale – Kandy-Cooking

(150kms | 7-8hrs)

Breakfast at hotel and then check-out and drive to Kandy the hill capital of the island and the 2nd most bustling town in the country.

Climb down and then a leisurely drive across Dambulla to Matale where we stop and visit a spice grove where you will get an orientation of the varied spices, herbs and oils used in local cooking as well as beauty and therapy.

Further driving will bring us to Kandy the hill capital of the country where we check-in at hotel and later enjoy a sightseeing drive which will include viewing the cultural dance show followed by a visit to the holy tooth relic temple of Lord Buddha 'Dalada Maligawa'. Walking in the busy bazaar and around the lake in Kandy will also be a highlight of your day.

Later in the evening we settle in to a local family home in Kandy where we will engage in making few unusual but unique types of food cooked in unique methods using locally innovated utensils. String Hoppers and Pittu, and Hoppers are on offer today. Whilst the batter for hopper will be made in advance due to proving time you will get the chance to give a shot at making them. Then pour the string hopper mix on to stands where they will be steam cooked later, and also help make the Pittu mixture with Toasted four, Coconut, Salt added and made in to a coarse mix and filled up in to a specially made bamboo which is again placed over steam cooked to perfection. Your menu for the day will include

- ➔ Crispy hoppers (if you like with an egg in the middle and baked to make it 'Egg Hopper')
- ➔ String Hoppers
- ➔ Pittu
- ➔ Katta Sambol (Spicy Sambol made with chili pieces, Chopped onions, Maldive fish flakes, with a dash or Lime and Salt to taste)
- ➔ Bedapu Bittara Kiri Hodi (Milky yellow curry 'non spicy' with boiled fried egg)
- ➔ Seeni Sambol (An onion preparation with a sweet and sour kick)
- ➔ Pol Sambol (Coconut Sambol made medium spicy)

Ending all the fun rest of the day at leisure.

Overnight in Kandy BB basis at a chosen category of hotel

Inclusions: Breakfast, Sigiriya, Kandy temple, Dance show in Kandy, Transport, Driver-guide and Hotel



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Day 04 **Ramboda – Tea Plantation & Factory – Nuwara Eliya** **(100kms | 5-6hrs)**

Breakfast at hotel and then check-out and start driving to the central mountainous region of Nuwara Eliya. The drive will be through scenic tea draped routes with our first stop for the day being to view the beautiful waterfalls in Ramboda.

Drive further and visit a working Tea plantation for a short stroll and mingle with the workers, sample breaking the tea leaves will be no doubt a unique experience today. A Tea factory visit is followed to witness the 'plant to cup' process.

Later drive to Nuwara Eliya which is dearly called 'little England' for its cool climates and Victorian architecture and surroundings. Check-in at your hotel and spend time at leisure.

Overnight in Nuwara Eliya BB basis at a chosen category of hotel

Inclusions: Breakfast, Transport, Driver-guide and Hotel

Day 05 **Sightseeing – Cooking & Lunch – Leisure** **(60kms | 3-4hrs)**

Breakfast at hotel and then we set off on a scenic drive around Nuwara Eliya through the mountain side roads, passing the lake and beautifully landscaped surroundings, Race course, and other scenic areas such as tea and vegetable plantations.

Later in the afternoon we visit a local village home and mingle with the home owners to later begin our cooking experience of one of the staples in the area 'Rotis'. These are staples next to bread and preferred low cost intake of carbohydrates for the hard working community, considered humble but made with the right combination can taste great and feel good too. There are several varieties of Rotis however we plan today to sample only the basics which are commonly found in the local kitchen to make it enjoyable to you. Our roti table will consist for you today with the activities.

- ➔ Making 'Pol Rotis' (Flour and Coconut based Rotis)
- ➔ Making 'Masala Rotis (Flour, Coconut based roti with a spice variation added)
- ➔ Egg Roti (A thin handkerchief like roti middle with a broken egg and some spices)
- ➔ Parata Roti (A crispy outcome)
- ➔ DYO Kottu (we will show you the simplest Kottu Roti makeover)
- ➔ Our curries will include Chicken or Fish, Dhall, Katta Sambol, Potato

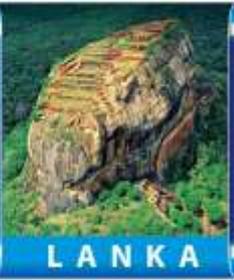
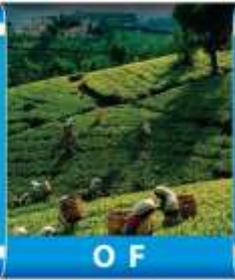
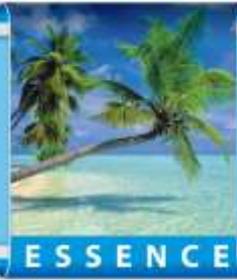
Once the lunch activities are over we encourage you with a walk around the Nuwara Eliya town including the popular market and fruit vendors.

Return to hotel and spend time at leisure.

Overnight in Nuwara Eliya BB basis at a chosen category of hotel

Inclusions: Breakfast, Cooking and Lunch, Transport, Driver-guide and Hotel





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Day 06 **Kotagala – Kitulgala – Beach Resort** **(200kms | 7-8hrs)**

Breakfast at hotel and then check-out and drive through the scenic Talawakelle-Kotagala-Kitulgala route to you beach resort. On the way you have enough and more relaxing time and photo opportunities alongside scenic mountains, waterfalls and local village life and markets.

Continue to drive through the expressway and check-in at beach resort to spend time at leisure.

Overnight in Kalutara, Beruwala or Bentota BB basis at a chosen category of hotel

Inclusions: Breakfast, Transport, Driver-guide and Hotel

Day 07 **Leisure on the beach** **(50kms | 5-6hrs)**

Breakfast at hotel and the day is free of any activities. If you need to move to a close by attraction of just run to the nearby town to spend some time with the locals our transport is available with 50kms for the day.

Overnight in Kalutara, Beruwala or Bentota BB basis at a chosen category of hotel

Inclusions: Breakfast, Transport, Driver-guide and Hotel

Day 08 **Airport** **(95kms | 2hrs)**

Breakfast at hotel and then check-in to start driving to airport in time for your return or onward flight. Disembark at CMB airport ending the tour.

Inclusions: Breakfast, Transport to CMB airport.

Important

- Minimum 4 members (adults) must take part in this tour program (Maximum would be 07-8 adults to ensure its authenticity of being really a local cooking experience)
- Please be mindful with personal injury when handling sharp objects and utensils (ask for help all the time)
- If you are not accustomed to spicy food or have any allergies for any type of food, herb, oil, condiment, or spice please let us know well in advance so that we could avoid using those items in meal preparations.
- The local kitchens might not have the same sophistication that you are used to back home, you're thoughtfulness and respect for the locals are kindly reminded.

