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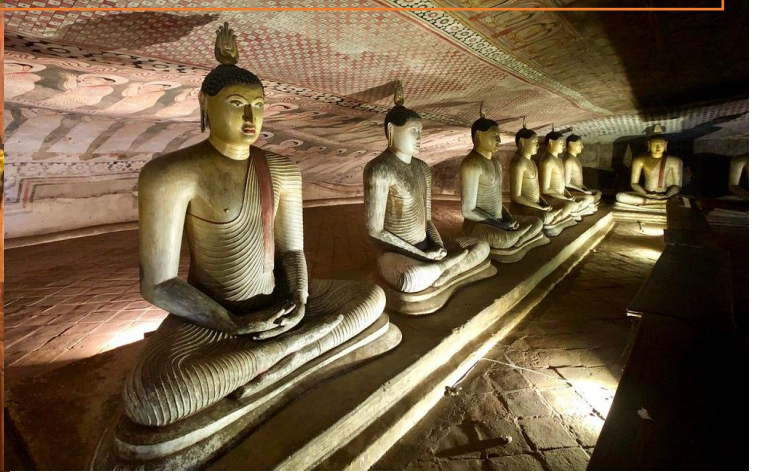


**Hindu Centre**  
Jnana • Bhakti • Seva



**10 DAYS & 09 NIGHTS**

**THE RAMAYANA TRAILS OF SRI LANKA**



### THE RAMAYANA TRAILS OF SRI LANKA

*The Ramayana is a poem, a story, an epic... It is also a Dharma Shastra - a demo of righteous living. It is a very old creation. It is still much-loved and followed across India, South Asia, South-east Asia and parts of the World... For the better part of 2000 plus years! Why is it so? We live in an age when attention spans are far shorter and one tires of a book or movie in a month maybe...*

*The reason is probably because the Ramayana appeals on many levels - the philosophical level, the devotional level, the sociological level...*

#### *The Ramayana Story*

*Its also a great story, the plot of which is followed in part by most movies... Think of it: A Prince, a hero, meets a beautiful Princess, a paragon of virtue. They fall in love; the Prince surmounts various obstacles and they get married. Then family politics come in and they lose their riches. They live in a romantic haze in a forest. Tragedy strikes and a villain kidnaps the Princess. The Prince wages a long war and ultimately defeats the villain to get his beloved back... And then while they are living happily ever after, family issues arise, separation happens and finally ends in tragedy... With the seeds of a sequel in the form of the children (who are as heroic) coming into the scene... How many movies can you think of with parts of this universal story?*

#### *The Philosophy of the Ramayana*

*On the philosophical level there are innumerable symbolisms with Rama being the "Pure Self", Sita being the mind, Lakshmana representing Tapas (sacrifice), Ravana with his ten heads representing materialism of the flesh (the 10 indriyas - 5 'gnanendriyas' and 5 'karmendriyas'), the Ocean of ignorance over which a bridge has to be built, the monkeys symbolic of the various thoughts and Hanuman who symbolizes Bhakti... I could go on and on about this, but it's better that I stop here else I might lose your attention. □ In case you are interested, you could think about the connection between all of these and the storyline...*

#### *The Ramayana Trail*

*Much of the Ramayana, was set in Lanka... at least the more interesting involving villainy, violence and the climax □. And surprisingly, the places mentioned in the legend seem much the same... Another place where religion, legend and reality seem to collide and coalesce... Here are some of the more important places in Sri Lanka that seem to find mention in the Ramayana as settings for some of the action.*

#### **DAY 01: 09 DEC | MON SINGAPORE - COLOMBO - NEGAMBO (MOB)**

**Departure from Singapore Changi Airport Terminal 3 by Sri Lankan Airlines flight UL 309 for Colombo at 1950 Hrs, Arrive at Bandaranaike International Airport at 2110 Hrs, Upon arrival clear immigration and collect baggage, Pick up and transfer to Negombo Hotel. Check in and free time for leisure, Dinner and overnight stay at Negombo Hotel.**

Negombo is an oft-overlooked seaside gem with incredible views and best of all; it's a stone's throw from the international airport. Its charms are a combination of its coastal beauty, relaxed atmosphere, and leftover colonial architectures from Dutch and Portuguese settlers.

#### **DAY 02: 10 DEC | TUE NEGAMBO - ANURADHAPURA (B/L/D)**

**Morning breakfast at Hotel. After breakfast leave for Anuradhapura (05 Hours). En route visit MUNESWARAM TEMPLE, CHILAW - After his victorious battle, Lord Rama left for Ayodhya, in one of King Ravana's vimana (carriages). He felt he was being followed by bramhaasthi dosham as he had killed King Ravana who was a Brahmin. Legend has it that when he came to this place he felt bramhaasthi dosham was not following him and he stopped the vimana and asked God Shiva for remedy. Lord Shiva blessed Lord Rama and advised him to install four lingams there and pray to get rid of the dosham. Since then many Hindu devotees flock to the Temple. Thereafter proceed to Mannavari Temple.**

**MANAWERI TEMPLE - Manavari is the first lingam installed and prayed to by Lord Rama and this lingam is also called Ramalinga Shivan. Dinner & Overnight stay at Anuradhapura.**

**MUNESWARAM TEMPLE, CHILAW** - After his victorious battle, Lord Rama left for Ayodhya, in one of King Ravana's vimana (carriages). He felt he was being followed by bramhaasthi dosham as he had killed King Ravana who was a Brahmin. Legend has it that when he came to this place he felt bramhaasthi dosham was not following him and he stopped the vimana and asked God Shiva for remedy. Lord Shiva blessed Lord Rama and advised him to install four lingams there and pray to get rid of the dosham. Since then many Hindu devotees flock to the Temple.

**MANAWERI TEMPLE** - Manavari is the first lingam installed and prayed to by Lord Rama and this lingam is also called Ramalinga Shivan. Located just 6 kilometers north of Chilaw along the Chilaw - Puttalam road, the Manavari Temple emerges as a spiritual oasis steeped in historical and cultural significance. As a Tamil temple intricately woven into the revered Ramayana trail, its sacred allure captivates the hearts of devotees embarking on a profound journey of solace and enlightenment.

Perched near the riverside estate of Sittamadama, the Manavari Temple stands as a testament to the rich heritage of the Tamil community, embodying centuries of tradition and devotion. While its architectural and religious elements honor the time-honored norms of Tamil temples, its true essence lies in its profound connection to the epic saga of the Ramayana and its revered protagonist, Lord Rama.

For Hindu pilgrims traversing the Ramayana trail from India, Manavari holds a central place in their spiritual odyssey. Legend has it that this sacred site is where Lord Rama, after vanquishing the demon king Ravana and rescuing his beloved consort Sita, installed and worshiped the Shiva Lingam. This symbolic act marked the triumphant culmination of Rama's arduous quest and his unwavering commitment to righteousness.

**DAY 03: 11 DEC | WED ANURADHAPURA - MANNAR - JAFFNA (B/L/D)**

Morning breakfast at Hotel; After breakfast proceed to Mannar (02 hrs), Visit Thiruketheeshwaram Temple & Rama Sethu. Thiruketheeswaram is one of the five Sivan temples on the island, and is where one of the three Shivalingas (carved out of granite) is installed by Lord Rama in Sri Lanka.

*Thiruketheeswaram is one of the five Sivan temples on the island, and is where one of the three Shivalingas (carved out of granite) is installed by Lord Rama in Sri Lanka. Thiruketheeswaram is also believed to be the birthplace of Ravana's queen Mandodhari.*

**Proceed to Jaffna (Approx: 3 Hrs)**

In the evening visit *Nallur Temple, Keerimalai, The Nallur Kandaswamy Temple is a majestic and a beautiful Hindu temple located in Jaffna of Sri Lanka. The Presiding god of the temple is Murugan or Skanda, who is the god of love war and beauty. The temple is a holy site for by Hindus all over the world. The temple gives away a feeling of calmness and a sense of relaxation that stimulated the visitors.*

*The temple has been broken down and reconstructed four times. The original temple was broken down by the Portuguese for the building of a church. The present temple is a replica of the original, which is a heavenly place of worship and rejuvenates its visitors. The temple also has various shrines for different deities like the Ganesh. The temple also hosts a 25-day grand festival wherein the devotees give a tour of the temple to go Murugan and give him a chance to witness their sincerity and purity towards him.*

**Dinner & Overnight Stay at Jaffna.**

**DAY 04: 12 DEC | THU JAFFNA - TRINCOMALEE (B/L/D)**

Breakfast at Hotel; After breakfast proceed to Trincomalee (06 hrs). In the morning visit Nagadeepa visit Nagapooshani Temple (03 hrs). Proceed to Thirukoneswaram Temple & Sakthi Peedam, Trincomalee.

*Nagapooshani Temple, Nainativu Nagapoosani Amman Temple is an ancient and historic Hindu temple located 36 km from the ancient capital of the Jaffna kingdom, Nallur, Sri Lanka. It is dedicated to Parvati who is known as Nagapooshani or Bhuvaneshwari and her consort, Shiva who is named here as Rakshaseshwar (Nayanair).*

*Thirukoneswaram Temple, As per the tale of Ramayana in Sri Lanka, this is a marvelous temple on a rock promontory founded by Rishi Agastya on the orders of Lord Shiva, who was inspired by the commitment of King Ravana, It is also mentioned in the epic of Ramayana that Lord Rama constructed the second lingam here and got rid of the Brahmahathi Dosham, induced by the curse of killing Ravana, who was a Brahma. It is also claimed that Lord Rama gave his prayers here to get rid of such a Dosham. This temple is regarded as one of the Pancha Ishwarams in Sri Lanka and the relevant Ramayana sites in Sri Lanka. Every year, many locals and tourists visit this majestic temple and pay their respect and tribute.*

Visit Kanniya hot water wells.

Dinner & Overnight stay at Trincomalee.

**DAY 05: 13 DEC | FRI TRINCOMALEE - KANDY (B/L/D)**

Morning breakfast at Hotel; After breakfast proceed to Batticalo (03 hrs). Visit Amirthakali.. Proceed to Kandy (06 hrs).

*AMIRTHAKALI, The Mamanga easwarar temple is one of the oldest Hindu Kovils (temples) in Batticaloa as well as in the eastern province of the country is situated around three kilometers from Batticaloa town According to some historical records and myths, this temple belongs to the period of 2nd to 3rd Century AD, and constructed at the place where Prince Rama had performed his prayers towards Lord Shiva during his search for Princess Seeta and had placed a handful of rice to denote Lord Shiva. This lump of rice had become a lingam and the area derived its name Maamanga-Easwara According to an ancient book named Mattakalappu Maanmium.*

Dinner & Overnight stay at Kandy.

**DAY 06: 14 DEC | SAT KANDY - MAHIYANGANA - KANDY (B/L/D)**

Breakfast at hotel; After breakfast proceed to Mahiyangana (04 hrs). Visit Sita Kottuwa.

*SITA KOTUWA in Gurupotha Hasalaka is one of the places where Princess Sita was kept by King Ravana. Return to Kandy (04 hrs), Sita Kotuwa or Sita Matha's court is an archeological site which directly linked to the Ramayana trail Sri Lanka located at Gurulupotha, Hasalaka in Central Province of Sri Lanka. It is believed that, Sita Kotuwa in Gurupotha Hasalaka is one of the places where Princess Sita was kept by King Ravana. This is one of the very important Ramayana trail Sri Lanka sites. Sita Matha's court is with beautiful remote spot, which is surrounded by many abundant flora and fauna, streams and waterfalls. And also there are limestone caves, where ruins of a typical forest monastery from the late Anuradhapura centuries which can be visited at present.*

Dinner & Overnight stay at Kandy.

**DAY 07: 15 DEC | SUN KANDY - NUWARA ELIYA (B/L/D)**

Morning breakfast at Hotel. After breakfast proceed to Nuwaraeliya ( 2 hrs ) , En route visit Ramboda Hanuman Temple (01 Hour),

*SRI BAKTHA HANUMAN TEMPLE, RAMBODA - On these hills of Ramboda where Hanuman was searching for Sitadevi, the Chinmaya mission of Sri Lanka built a temple with Hanuman as the presiding deity. On every full moon day special pooja's is conducted and witnessed by thousands of devotees.*

*GAYATHRI PEDAM It is believed to be the place from where King Ravana's son Meghanath propitiated Lord Shiva with penance and poojas and in turn was granted super natural powers by lord Shiva.*

*SEETHA AMMAN TEMPLE, SEETHA ELIYA - (Approximately 20 Minutes' Drive) The stream that runs from the hill, catered to the needs of Sitadevi during her stay at Ashoka Vatika. She is said to have bathed in this stream. Now there is a temple erected for Lord Rama, Sitadevi, Luxshmana and Hanuman by the side of this stream. It is interesting to note that foot prints akin to Lord Hamunams are found by this river -some small and some large*

Hakgala Botanical Garden, Dinner & Overnight stay at Nuwaraeliya.

**DAY 08: 16 DEC | MON NUWARA ELIYA - KATARAGAMA (B/L/D)**

Morning breakfast at Hotel; after breakfast proceed to proceed to Divurumpola situated in Nuwara Eliya Welimada road.

*DIVURMPOLA (APPROXIMATELY 1 HRS DRIVE) - Divurmpola means a place where one takes an oath. Sitadevi, after being liberated from King Ravana was subjected to a test to prove here chastity by offering herself to the fire. However, she came unscathed and proved her holiness during this ritual at this place.*

Proceed to Kataragama (Approx: 5 Hrs)

En route visit Ravana Cave & Ravana Falls in Ella (Approx: 3 Hrs)

Dinner & overnight stay at Kataragama

**DAY 09: 17 DEC | TUE KATARAGAMA - COLOMBO (B/L/D)**

Visit Kataragama Temple, Breakfast at hotel; After breakfast proceed to Galle (Approx: 3 Hrs)

*RUMASELA - At various times during the war, both Lords Rama and Lakshmana were hit by powerful arrows, and had fallen unconscious. At these times, Lord Hanuman had been instructed to fetch the life saving herbs from the jungles of Himalaya to bring them back to life. Mighty Hanuman had gone to the Himalayan hills and lifted the whole hill and brought it back, as he was unable to identify the life saving herbs by himself. Parts of the hill is said to have fallen in five places in Sri Lanka, namely, Rumasala in Galle, Dolukanda near Heripitiya, Ritigala near Habarana, Thalladi in Mannar and Kachchativu in the north.*

Proceed to Colombo (Approx: 2 Hrs)

*Visit Vibheeshnar Temple in Kelaniya, Thereafter proceed to Panchamuga Anjaneyar Temple. Panchamuga Anjaneyar Temple.*

*\* A temple dedicated to Anjaneyar in Sri Lanka.*

*\* This is the only temple in the world to have a chariot of Anjaneyar.*

Dinner & Overnight stay at Colombo.

**DAY 10: 18 DEC | TUE COLOMBO - SINGAPORE (B/MOB)**

Morning breakfast at Hotel; Morning check-out and transfer to Bandaranaike International Airport Colombo to board Sri Lankan Airlines flight UL 308 for Singapore at 1210 Hrs. Arrive Singapore Changi International Airport at 1840 Hrs. Return home with memories to cherish forever.

\*~\*~HAPPY TOUR ENDS\*~\*~\*

**TOUR COST (PER PERSON IN SGD) & HOTEL ENVISAGED or SIMILAR:**

CITY	TRAVEL DATE	NO OF NIGHTS	STANDARD CATEGORY	DELUXE CATEGORIES
Negambo	09 DEC - 10 DEC	01	<u>EARLS REGENT</u>	<u>JETWING SPA</u>
ANURADHAPURA	10 DEC - 11 DEC	01	<u>RAJARATA</u>	
JAFFNA	11 DEC - 12 DEC	01	<u>JETWING</u>	
TRINCOMALEE	12 Dec - 13 Dec	01	<u>TRINCO BLU</u>	
KANDY	13 Dec - 15 dec	02	<u>TOPAZ</u>	<u>EARLS REGENT</u>
NUWARA ELIYA	15 Dec - 16 Dec	01	<u>MIRAGE</u>	<u>ST ANDREWS</u>
KATARAGAMA	16 Dec - 17 Dec	01	<u>MANDARA ROSEN</u>	<u>DOUBLE TREE BY HILTON</u>
COLOMBO	17 Dec - 18 Dec	01	<u>FAIRWAY HOTEL</u>	<u>CINNAMON LAKESIDE</u>
COST PER PERSON ON DOUBLE/TWIN/TRIPLE BASIS			<b>SGD 2315 PER ADULT</b>	<b>SGD 2500 PER ADULT</b>
COST PER PERSON ON SINGLE OCCUPANCY BASIS			<b>SGD 2850 PER ADULT</b>	<b>SGD 3150 PER ADULT</b>
<p align="center"><b>TRAVEL INSURANCE</b>            NTUC Travel Insurance (NORMAL):            Classic: SGD 62 per person            Deluxe: SGD 78 per person            Preferred: SGD 95 per person            Coverage Details: <a href="https://www.income.com.sg/travel-insurance/standard-plan-coverage-table">https://www.income.com.sg/travel-insurance/standard-plan-coverage-table</a>            Note: The standard plans, Classic, Deluxe and Preferred plans do not cover pre-existing medical conditions.</p> <p align="center"><b>NTUC Travel Insurance (ENHANCED PREX PLANS)</b>            Enhanced PreX Basic: SGD 146 per person            Enhanced PreX Superior: SGD 182 per person            Enhanced PreX Prestige: SGD 212 per person            Coverage Details: <a href="https://www.income.com.sg/travel-insurance/enhanced-prex-plan-coverage-table#enhanced-prex-plans">https://www.income.com.sg/travel-insurance/enhanced-prex-plan-coverage-table#enhanced-prex-plans</a></p>				

**COST INCLUDES:**

- Return Economy class Airfare (SIN-CMB-SIN) by Sri Lankan Airlines
- Baggage allowance: Cabin baggage: 07 Kilos per person & Check-in baggage: 20 Kilos per person
- 09 Nights' Accommodation at the above mentioned hotels or similar
- 09 Breakfast + 08 Dinners + 08 Lunches
- Transportation in A/C Coach (33 Seater) with a service of an Tamil / English speaking guide
- Entrance fees to Divurumpola , Seetha Temple , Ravana Cave & Kelaniya Temples
- Three wheel charges to Ramboda , Rumassala & Koneswaram Temple
- Value added tax.
- Meeting and Assistance at the airport.
- All the government taxes.
- English speaking Tour guide services

**COST EXCLUDES:**

- **Travel Insurance (highly recommended)**
- Early Check in or check out
- Camera & video permits during the sightseeing.
- Visa & other charges (Entry Visa Fees, please visit [www.eta.gov.lk](http://www.eta.gov.lk) for more details / submit your individual visa application)
- Any expenses of a personal nature.
- Tips & Portages.

**REMARKS:**

- Rates are subject to change.
- **Quote valid for 15 person travelling together**
- **Please check COVID protocols prior to 14 days of departure.**
- **Airfare, Room & Tours is subject to availability**
- Validity of passport should be min of 6 Months from the date of travel.
- Terms & conditions apply.
- Check in time AT HOTEL at 14.00 and check out time at 12.00 in local time.

**IMPORTANT NOTE:**

Unforeseen escalation in fuel prices, COVID rules & regulations, new taxes/levies on hotels and transportation services or any hikes in entrance fees. Any large tax hikes and new levies shall be payable extra and shall be billed accordingly with reasonable prior notice

**ATTIRE:**

Visitors of both genders have to wear decent clothing to cover the body appropriately when visiting religious places and shorts and sleeveless tops are not acceptable. This rule is strictly adhered to at all religious sites

**For more information about this dream holiday is just phone call or click away;  
[+65 8298 6545](tel:+6582986545) | [info@incrediblevoyages.com](mailto:info@incrediblevoyages.com)**

**LIABILITIES:**

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