



THE EAST COAST OF SRI LANKA 8N/9D

TOUR SUMMARY

Escape the crowds and discover the unspoiled charm of **Sri Lanka's east coast** with this 7-day itinerary, perfect for travel between **May and September**. From the serene beaches of **Trincomalee** and **Passikudah** to the surfing hotspot of **Arugam Bay**, enjoy crystal-clear waters, soft sands, and vibrant marine life. Relax, snorkel, or paddleboard by day and explore local temples, forts, and seafood cuisine by night.

The journey also includes a wildlife safari in **Kumana National Park**, a cultural stop in **Habarana** to visit **Sigiriya** or **Minneriya**, and time in **Colombo** for museums, markets, and city sights. Ideal for couples, families, and solo travelers, this east coast Sri Lanka tour blends **beach bliss, adventure, and heritage** into one unforgettable trip.

Best time: October – March

Note: While every effort has been made to ensure accuracy, this itinerary is intended as a guide and may include unintentional errors or be subject to adjustments due to unforeseen circumstances.



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Detailed Itinerary

DAY 1: Arrival in Sri Lanka – Transfer to Trincomalee & Beach Relaxation

Arrive at Bandaranaike International Airport (Colombo) and embark on a scenic drive to Trincomalee on Sri Lanka's pristine east coast, approximately 5 to 6 hours away.

Check into your luxury beachside hotel or resort, perfectly situated for tranquil ocean views.

Unwind at the stunning **Nilaveli Beach** or **Uppuveli Beach**, famous for their powdery white sands and calm turquoise waters—ideal for swimming and relaxation.

In the evening, enjoy a leisurely stroll around the picturesque **Trincomalee Harbor** or visit the historic **Koneswaram Temple**, a magnificent cliffside shrine overlooking the Indian Ocean, offering spectacular sunset vistas.

Dinner & Overnight at the Beach resort



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DAY 2: Trincomalee Adventures & Pigeon Island National Park Snorkelling

Start your day with an exhilarating **snorkelling or diving excursion at Pigeon Island National Park**, renowned for its vibrant coral reefs, colourful marine life, and crystal-clear waters. In the afternoon, visit the breathtaking **Marble Beach**, a pristine and secluded cove perfect for relaxation and nature photography.

Optionally, explore **Fort Frederick**, a historic coastal fortification, or unwind at the **Kanniya Hot Springs**, famed for their therapeutic mineral waters.

End your day with a delicious dinner at a local seafood restaurant, savouring the freshest catches from Sri Lanka's east coast. If the traveller prefers to skip snorkelling, here are some great alternative activities to enjoy on **Day 2 in Trincomalee**:

- **Explore Fort Frederick:** Wander through this historic 17th-century Dutch fort with panoramic views of the harbour and sea.
- **Visit Koneswaram Temple:** Spend extra time at this stunning cliff-top Hindu temple with cultural and spiritual significance.
- **Relax at Marble Beach:** Enjoy sunbathing, swimming, or simply soaking in the serene, less crowded atmosphere of this beautiful cove.
- **Visit Kanniya Hot Springs:** Experience the therapeutic natural mineral springs, perfect for relaxation and wellness.
- **Take a Boat Ride:** opt for a peaceful harbour cruise or wildlife-watching boat tour to spot dolphins and seabirds.

Explore Local Markets and Cafés: Discover local culture, handicrafts, and cuisine in Trincomalee town.

Dinner & overnight at the Beach resort



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DAY 3: Trincomalee to Passikudah | Beachside Relaxation & Water Sports

After breakfast, embark on a scenic drive from Trincomalee to Passikudah (approximately 2.5 to 3 hours), a tranquil beach destination on Sri Lanka's east coast known for its stunning shallow lagoons and calm waters. Check into your beachfront resort, perfectly positioned for easy access to the pristine sands and inviting sea. Spend your day unwinding on the soft sandy beach or take advantage of exciting water sports activities. Try **stand-up paddle boarding (SUP)**—a popular and accessible sport that lets you glide across the calm, crystal-clear waters of Passikudah Lagoon. SUP offers a full-body workout, improving balance and core strength, while providing a peaceful way to explore the serene coastline. Whether you're a beginner or experienced paddler, the gentle lagoon conditions make it ideal for all skill levels. Other water sports like kayaking and snorkelling are also available for those seeking more adventure.

Conclude your day with a delicious dinner at the resort and overnight stay in Passikudah.

If you want an alternative to stand-up paddle boarding (SUP) in Passikudah, here are some great options that suit different interests and activity levels:

- **Kayaking:** Glide gently through the calm lagoons and along the coastline, perfect for exploring nearby marine life and mangroves.
- **Snorkelling:** Discover vibrant coral reefs and colourful fish just off the beach—great for beginners and nature lovers.
- **Glass-Bottom Boat Ride:** Enjoy marine viewing without getting wet, ideal for families or those preferring a relaxed sightseeing experience.
- **Beach Yoga:** Many resorts offer morning or sunset yoga sessions right on the beach, combining relaxation with wellness.
- **Jet Skiing or Banana Boat Rides:** For thrill-seekers, these water sports provide excitement and speed on the water.

Dinner & Overnight at hotel in Passikudah



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DAY 4: Passikudah Beach Day & Cultural Exploration

Enjoy a full day soaking up the sun and serenity of **Passikudah Beach**, famous for its long stretches of powdery white sands and crystal-clear, shallow waters—ideal for swimming and snorkelling.

For those seeking a cultural excursion, take an optional half-day trip to nearby **Batticaloa**, where you can visit the historic **Batticaloa Lighthouse** and explore the fascinating ruins of the **Dutch Fort**—a glimpse into Sri Lanka's colonial past.

In the evening, indulge in authentic **Tamil cuisine**, savouring flavourful dishes that highlight the region's rich culinary heritage.

Return to your beachfront hotel for a restful overnight stay in Passikudah.



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DAY 5: Passikudah to Arugam Bay | Surfing & Coastal Adventure

Start your day with an early morning scenic drive from Passikudah to **Arugam Bay** (approximately 3 to 4 hours), one of Sri Lanka's premier surf destinations famed for its consistent waves and vibrant surf culture. Check into your cosy **surf lodge** or boutique hotel, designed to offer a laid-back, beachside atmosphere perfect for surfers and travellers alike. In the afternoon, hit the waves with a surf session tailored to your skill level—whether you're an experienced surfer or a beginner eager to take lessons from expert instructors. As the day winds down, watch the spectacular sunset at iconic spots like **Whisky Point** or **Elephant Rock**, both offering stunning coastal vistas and photo opportunities. Enjoy a delicious dinner at a local eatery or your hotel, followed by an overnight stay in Arugam Bay. If surfing isn't your thing, Arugam Bay offers plenty of other fun and relaxing activities. Here are some great alternatives to surfing for Day 5:

- **Beach Relaxation:** Lounge on the beautiful sandy shores and soak up the sun in a laid-back atmosphere.
- **Wildlife Safari at Kumana National Park:** Just a short drive from Arugam Bay, explore the park known for elephants, leopards, and abundant birdlife.
- **Yoga and Wellness:** Many surf lodges also offer yoga classes or wellness sessions to rejuvenate your mind and body.
- **Explore Local Villages:** Discover traditional Tamil fishing villages nearby to experience local culture and hospitality.
- **Stand-up Paddle boarding or Kayaking:** Glide peacefully over the calm waters of the bay if you want gentle water activity without the waves.
- **Fishing Trips:** Join local fishermen for a morning or evening fishing excursion.
- **Kumana National Park** is about 35 to 45 kilometres (roughly 1 to 1.5 hours' drive) south of Arugam Bay, making it an easy day trip or overnight excursion from the area.

Dinner & Overnight at Arugam Bay



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DAY 6: Arugam Bay Adventure & Kumana National Park Safari

Start your day with a refreshing morning surf session at the famous **Main Point Beach** or simply relax by the shore, soaking in the laid-back vibe of Arugam Bay.

Later, embark on an exciting safari adventure to **Kumana National Park** (also known as Yala East), located just over an hour's drive away. Explore its diverse habitats, from lagoons to forests, and spot majestic elephants, vibrant bird species—including migratory flamingos—and other fascinating wildlife in their natural environment.

Return to Arugam Bay in the evening to unwind and explore the lively cafes, local eateries, and vibrant nightlife that make this surf town so unique.

Alternatively for those who did the Kuaman National Park the previous day in place of Surfing, you don't want to repeat it. There is an optional choice of a 4-hour drive to the **Udawalawe Elephant Transit Home**, a rehabilitation centre for orphaned elephants aiming to reintegrate them into the wild.

Enjoy dinner at your hotel or a local restaurant and overnight stay in Arugam Bay.



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DAY 7: Arugam Bay to Colombo via Habarana | Cultural & Wildlife Stopover

After breakfast, begin your scenic drive from **Arugam Bay to Colombo** (approx. 6 to 7 hours), with an enriching stopover in **Habarana**, located in Sri Lanka's famed Cultural Triangle.

In Habarana, immerse yourself in unforgettable experiences such as a jeep safari at **Minneriya National Park**, where you can witness the spectacular gathering of wild elephants by the reservoir—one of Sri Lanka's top wildlife attractions.

Alternatively, explore nearby UNESCO World Heritage sites including the **Dambulla Cave Temple**, renowned for its ancient Buddha statues and vibrant cave frescoes, and the iconic **Sigiriya Rock Fortress** with its breathtaking views and historic frescoes, easily accessible from Habarana.

For a taste of authentic Sri Lankan village life, enjoy a traditional **village safari** by bullock cart or bicycle through lush paddy fields, local farms, and serene temples.

End your cultural and wildlife exploration with a relaxing boat ride or birdwatching session at the tranquil **Habarana Lake**, surrounded by picturesque forests and hills.

Continue your journey to Colombo in the evening for dinner and an overnight stay at your hotel, completing your memorable East Coast to cultural heartland adventure.



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DAY 8: Colombo Cultural Highlights | National Museum, Dutch Museum & Gangaramaya Temple

Morning: Begin at the **National Museum of Colombo**, Sri Lanka's largest museum showcasing an extensive collection of artefacts, royal regalia, and historical exhibits. Allocate about 1.5 to 2 hours here.

Mid-Morning: Head to the **Colombo Dutch Museum** in Pettah to explore Dutch colonial history. A 1-hour visit is usually sufficient.

Late Morning: Visit the **Gangaramaya Temple**, admire its unique architecture and museum. Spend around 1 to 1.5 hours here.

Lunch: Enjoy authentic Sri Lankan cuisine at a nearby local restaurant.

Afternoon: Explore **Pettah Market** for a vibrant shopping experience and cultural immersion.

Evening: Relax and shop at **Dutch Hospital Shopping Precinct** and **Odel Mall**, perfect for souvenirs, crafts, and fashion.

Dinner & Overnight: Finish with a delicious dinner and overnight stay at your hotel.



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DAY 9: Departure from Colombo | Leisurely Check-out & Optional Beach Extensions

After breakfast, enjoy a leisurely check-out from your hotel and transfer to Bandaranaike International Airport, Colombo for your onward flights to your respective destinations.

For travellers wishing to extend their stay, optional beachside retreats are available in the nearby **Hikkaduwa** or **Bentota** coastal towns—both renowned for their pristine beaches, water sports, and relaxed vibes. Both beaches are about 2.5 hours drive from Colombo

Thank you for traveling with us—your unforgettable Sri Lanka journey ends here.

TOUR ENDS



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