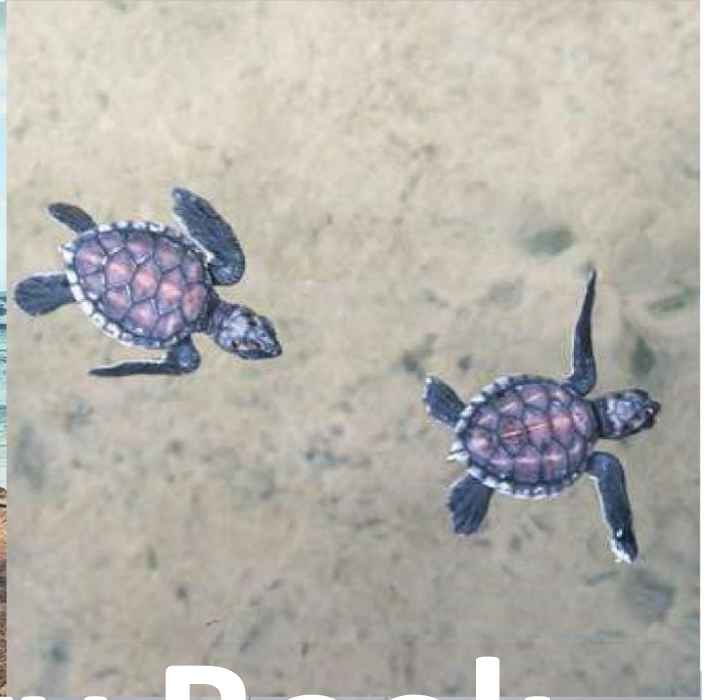
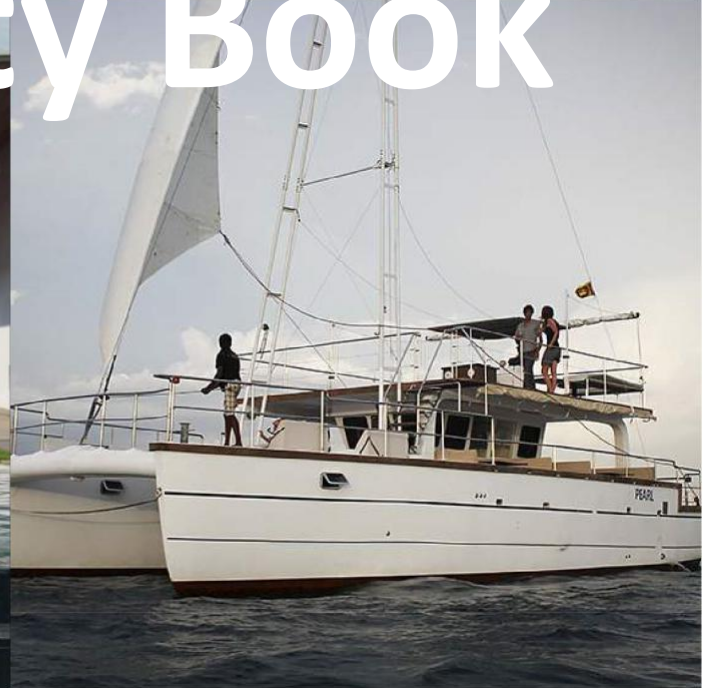
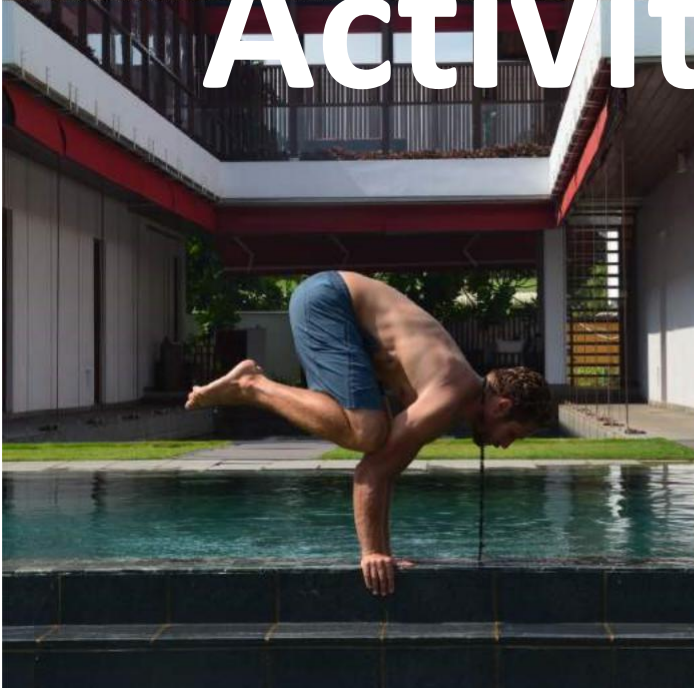


W15

WELIGAMA



Activity Book





YOGA CLASS

Do you want to improve your health and gain a better well-being? Do you want to gain more energy, better balance and a deeper awareness?

Dive deep into the holistic yoga, breathing and meditation practice mediated by our yoga instructor. She combines several classic and modern methods and leads both beginners and advanced with heart, concentration and empathy to their own individual goals.

Yoga Class	Charge (LKR)	Time, Monday to Friday
1 Person	2,000	8 am – 9:30am Please check availabilities with front office



SURFING CLASS

Weligama is one of the most reliable surf destinations in the Indian Ocean with several famous surf points in walking distance. There is one Beach Break, the Weligama Beach Brake (best for beginners), Reef brakes are Kabalana, Midigama, Ram's Point, Plantation Point and Two Secrets Point.

We offer a selection of surfboards, body boards, and stand up paddleboards. Whether this is your first time surfing or you are a more advanced surfer, and would like to perfection your technique, it is possible to book a surf lesson with our qualified instructors.

All surf lessons will be for a duration of 1.5 hours Surf lessons will include the following:

- Surfboard
- Leg Rope
- Internationally Qualified Instructor

Lesson Type	Charge (LKR)
1 Person Lesson	2,500
2 Persons Lesson	5,000



WHALE WATCHING - BOAT

Whale and dolphin watching is one of the most exciting water activities you can do in Sri Lanka during your holiday. The ever smiling, mischievous dolphins will put on a show while some of the oldest and the largest sea creatures, the humpback and the blue whales, will nonchalantly glide past you, when you embark on a whale and dolphin watching excursion.

Whale Watching	Charge (LKR)	Conditions
Per Adult	10,000	12 and above
Per Kids	7,500	Between 6 and 12

In the price is included:

- Breakfast Package
- Transport to Mirissa And Back By Tuk Tuk
- Refreshment on The Boat
- Insurance Cost



WHALE WATCHING - AIR

These flights offer a unique perspective and the opportunity to view the entire whale from head to tail as he breathes on the surface of the ocean. From the air, passengers can experience the true magnitude of the world's largest mammal, the whale. We operate high-winged aircraft, which allows each passenger their own window seat and optimal, unobstructed viewing.

- Starting point of journey will be at Koggala airport
- **Cost, \$150 (USD) per person, journey will be 45 minutes (NO VAT)**
- Aeroplane (Cessna 206), This plane can take up to 5 passengers
- **Flight Schedule (departure time) 7.30 am, 9.00 am, 10.30 am, 12.00 pm & 1.30 pm - Flights are available on every Saturday and Sunday.**
- Individual groups can use charter flights outside the schedule times (\$600 per hour with max of 5 people and only after 2:30 pm)
- Booking must be 24 hours before flight time
- Passport/ NIC details are required

Notes:

- F - Airways is a Civil Aviation Authority of Sri Lanka approved Domestic Air Operator.
- Our Aircraft and Passengers are insured as per the international standards/ guidelines (copy of the insurance is attached).
- Whales watching will be conducted at a height of 150 meters (500 feet) giving passengers the opportunity to clearly see and photograph these incredible creatures.
- All whale watching flights are carried out in accordance with Marine Mammal Regulations
- Preflight safety brief will be given and each passenger will have their own life jacket and a personal locator beacons.
- Our well trained and experienced pilots will be your marine naturalist and he will take questions during and after the flight
- 10% commission will be offered for reservation come through Hotels and Tour Operators.



CYCLING

Explore the roads of Sri Lanka less travelled.

All the tours include: Welcome & tour information, Bike at your size, Local guide, Helmets, Water & refreshments, all government taxes and service charges included.

What to bring: Sport shoes, Hat & Sunscreen, Sunglasses, Camera, Personal medicine. Swimming suit (Day Tours)

Lagoon & Village Cycling

Slightly more adventurous - it takes you on a journey along the main road, by side roads, gravel roads through a lagoon and mangroves, villages, temples, a coconut mill, lush green paddy fields and forest patches

Mountain Bike Tour

35 km ride to a working tea plantation in Akuressa. This is a relatively leisurely journey with 2 or 3 small uphill climbs (make no mistake though you should be relatively fit!). After enjoying a brief stop for a refreshing king coconut, you will arrive at the tea plantation – a brief 15 minute walk to the river where you can enjoy a dip in fresh water fed from the Hayare Rainforest.

Galle Fort & City Cycling

Galle fort & city cycling tour takes you to Galle fort - it is one of the largest living forts in the world and like nowhere else in Sri Lanka. This 90 acre fort is now a UNESCO World Heritage Site. Tour length 16 Km & 3 - 4 hours.

Lagoon & Village Cycling	4,500	12 Km & 2.5 - 3 hours
Mountain Bike Tour	4,500	35 Km - Day Tour
Galle Fort & City	9,200	Start: 2.00 pm, Not Monday

SAILING CRUISES

November to April

The Fleet:



RUBY 43'

Ruby is the only boat in our fleet not built in Sri Lanka. At 43 feet, it is the smallest boat in our fleet and is perfectly suited for trips with small families and groups...



OPAL 53'

The OPAL 53 comes fully equipped with a large oven and 3 refrigerators for catered parties of up to 40 persons with comfortable seating for 20 and space for 20 more on 2 decks, the...



PEARL 47'

The lower deck has a fully equipped kitchen, cushioned benches and jute, a newly developed bio-composite by our boatyard, and tables that can seat 24 guests. The bathroom with toilet and sink is located in...



TOPAZ 48'

The deck has an open cockpit with cozy benches and cushions. In this shaded area we also provide foldable teak chairs and

tables. The large sundeck offers a trampoline for reclining and sun tanning. And...



CEYCAT 53'

The CEYCAT is designed to accommodate 8 guests plus a captain, chef, and crew member for overnight cruises. And each of the four comfortable cabins contains a private bathroom and toilet. The outdoor living room...

Cruise	Location	Time	Adults (USD)	Kids (USD)
Sunset Cruise South (Fruit Snack Incl.)	Mirissa	15.30 – 18.30	30	20
Whale watching with private catamaran (Breakfast and Lunch Incl.)	Mirissa	7 hours	630 for 2 adults	/

*If a specific boat is requested for a private Giant's Loop an additional 100USD is charged on top of the normal rate.

Provide snorkeling gear on boat depending on weather condition.



LAGOON CANOEING

This excursion will allow you to explore the natural beauty of the landscapes and the culture of the local people. Canoeing is the perfect way for you to appreciate the prolific wildlife including beautiful birds and breath-taking views of the surrounding mangrove forest as you paddle.

Recommended for age 6 up

Includes: Welcome & tour information, Local guide, Water & refreshments, Life jackets, All government taxes and service charges included

What to bring: Hat & Sunscreen, Sunglasses, Camera, Personal medicine

Tour starts: 8.00 am - 2.00 pm

Tour	Charge Per Person (LKR)	Duration
Lagoon Canoeing	6,500	8:00 am – 2:00 pm



KOGGALA LAKE BOAT SAFARI

Koggala Lake is one of the largest natural lakes and one of the major attractions in the area. Enjoy a serene 2-hour boat ride on the lake passing and stopping for short visits of a few islands to learn about cinnamon production, see growing spice gardens and visit an old temple with ancient wall paintings. Tour is limited to a maximum of 6 people for a more personalized experience and includes pickup and drop-off from a central meeting point and guide.

Boat Safari	Charge (LKR)	Conditions
Per Person	6,000	7:00 AM to 6:00PM

An aerial photograph of the Handunugoda Tea Estate, showing terraced tea fields on rolling green hills. In the background, there are more hills and a small village with a few buildings. The sky is overcast with grey clouds. The text 'HANDUNUGODA TEA ESTATE' is overlaid in white capital letters.

HANDUNUGODA TEA ESTATE

This exquisite tea plantation in the hills above Koggala offers (free) highly informative tours of the estate. You'll sample and learn how they produce over 25 varieties of tea here, including the fabled Virgin White tea, a delicate brew made from the tiniest and newest leaves. Where the average large plantation worker will pick 23kg of black tea in a day, the workers here manage but 150 grams of virgin white leaves. It's 6km inland from the coastal highway; signposted from the 131km post.

Handunugoda is owned by Herman Gunaratne, one of the legends of the island's tea industry. Be sure to pick up a copy of Gunaratne's autobiography, *The Suicide Club: A Virgin Tea Planter's Journey*, which is a remarkably entertaining and insightful read about his life, tea and Sri Lanka, from the waning days of the British Raj to today.

No entrance fee



SCUBA DIVING

Start your diving experience with us here in Sri Lanka, and discover a completely different world with our “discover scuba dive” programme.

For those of you wanting to go deeper we have an “open water dive course” and in case it’s been a while since you last dived you can do our “refresher course”. Advanced open water diver, rescue diver, master scuba diver and dive master courses are all available here.

Fun dives, reef dives, wreck dives, and night dives are also part of our extensive programme.

Scuba Diving	Charge (USD)	Location
Per Person	80	Unawatuna



The jungle playground, the first adventure park of the South, offers a unique jungle feel in the heart of Mirissa.

The playground offers an experience which is a mix of American Ninja, a Climbing Park and a Minig Golf course. The trails lasts for 1.5-2 hours and in that time you will face fun and exciting challenges.

The park is a fantastic experience for friends, families and teams. A minimum of 2 people per group is required to play. The maximum number of players per team is 5. If you're a group that is larger than 5, you can split yourselves up into several groups. Children above 10 years old are welcome at the park.

Wear proper clothing. Wear pants, good shoes and don't forget a mosquito repellent. A real life jungle is awaiting you.

Jungle Playground	Charge (LKR)	Conditions
Adults	3500 LKR	10am - 6pm
Kids	2000 LKR	10am-6pm



YALA NATIONAL PARK

Yala combines a strict nature reserve with a national park. Divided into 5 blocks, the park has a protected area of nearly 130,000 hectares of land consisting of light forests, scrubs, grasslands, tanks and lagoons. Two blocks are currently opened to the public.

Situated in Sri Lanka's south-east hugging the panoramic Indian Ocean, Yala was designated a wildlife sanctuary in 1900 and was designated a national park in 1938. Ironically, the park was initially used as a hunting ground for the elite under British rule. Yala is home to 44 varieties of mammal and 215 bird species. Among its more famous residents are the world's biggest concentration of leopards, majestic elephants, sloth bears, sambars, jackals, spotted deer, peacocks, and crocodiles. The best time to visit Yala is between February and July when the water levels of the park are quite low, bringing animals into the open.

Yala Safari	Charge	Location
Taxi Transport	USD 166	From hotel to the national park + from the national park to the hotel
Safari Jeep	LKR 5,500*	Yala
Ticket Entrance	USD 25 per Yala adult, USD 7	

* Depending on the vehicle provided upon arrival



UDAWALAWE SAFARI

Framed by soaring highlands on its northern boundary, the Uda Walawe National Park is one of the world's best places to see wild elephants. Largely comprised of grasslands and bush forest, it's also one of the best national parks in Sri Lanka for game spotting.

Udawalawe Safari	Charge (LKR)	Location
Taxi Transport	USD 120	From hotel to the national park + from the national park to the hotel
Per Vehicle	4,500	Udawalawe
Ticket Entrance	USD 25 per adult, USD 7	Udawalawe

The image shows two sea turtles on a sandy beach. The turtle on the left is facing away from the camera, showing its dark, patterned shell and flippers. The turtle on the right is facing towards the camera, also showing its shell and flippers. The background is a light-colored, textured sand. Overlaid on the image in large, white, bold, sans-serif capital letters is the text "TURTLE HATCHERY".

TURTLE HATCHERY

The "Sea Turtle Farm & Hatchery" is a non - profitable organization which is maintained for the survival of Sea Turtles for the next generation. The "Turtle Farm" is situated in Habaraduwa (southern part of Sri Lanka - Galle District) near to the beautiful beach. That is 5m from the Galle - Matara main road. The centre was started in 1986 and up to now we have released more than 500,000 Sea Turtles to the ocean.

From the past, due to the cruel activities of humans, there is a danger that turtles are facing extinction. This rare varieties of Sea Turtles are destroyed by man day by day. It is the duty of each and every one to take action to save these turtles from extinction for the sake of our future generation. Regarding this we started to save Sea Turtles in 1986 and up to now we have succeeded to attain the goal gradually.

No entrance fee, donation



SNAKE FARM

Be scared or charmed by these creatures that are displayed in their natural habitat.

Experienced guides will explain all there is to know about Sri Lankan snakes.

No entrance fee.

A photograph of two people, a man and a woman, in a tea garden. The man in the foreground is wearing a white shirt, a purple patterned turban, and a purple wristband, holding a small bunch of tea leaves. The woman in the background is wearing a purple shirt and a colorful patterned headscarf, also holding tea leaves. They are surrounded by lush green tea bushes. The text "GALABODA TEA FACTORY" is overlaid in white capital letters.

GALABODA TEA FACTORY

Galaboda Tea Factory welcome visitors to the tea garden and the factories, experienced guides will explain in depth about the tea making process. Guests can experience tea plucking and educate themselves on the process starting from the plucking technic and tasting the final products, also visitors can purchase fresh produce at Galaboda's exclusive boutique located in the premises.

No entrance fee



CINNAMON FACTORY

Gradely Estate is located in the Galle District of Sri Lanka and is the cornerstone of the Ceylon Cinnamon Corporation. They prioritise the fair representation and support of small farmers and estate owners that cultivate and process top quality **True Cinnamon** {*Cinnamomum Zeylanicum*}. Producing cinnamon teas, coffee, quills and oils exclusively from the island. Gradely Estate prides themselves on full traceability of their products, from the plantation to destination. Gradely Estate aims to bring Ceylon Cinnamon and its exceptional health benefits to the world.

Gradely Estate welcomes visitors to spend an hour or so learning about the local cultivation, peeling, benefits and tastes of Sri Lankan cinnamon on the hills of Gradely Estate.

Gradely Estate	Charge (USD)
9:30 am tour	Adults: 30 USD Kids: 10 USD
3:30pm tour	Adults: 30 USD Kids: 10 USD
Exclusive Luncheon tour	Adults: 45 USD Kids: 15 USD

To bring: covered shoes and a hat. Water and drinks are provided.

GEM JEWELRY FACTORY

The gems of Sri Lanka have been famous since Biblical times. It was to Sri Lanka the Island of Gems, that King Solomon sent emissaries to procure the jewel that won him the heart of the Queen Sheba. The best gems to buy in Sri Lanka are sapphires and rubies, although you can also find exquisite cat's eyes, spinels, aquamarines, blue topaz, garnets, tourmalines, amethysts, zircons, moonstones and alexandrites.

No entrance fee.

RUBBER FACTORY

Since ancient times Sri Lanka is well known for its natural riches and this includes the rubber trees. Watch the process from collecting the fresh sap to the exportquality pure rubber.

No entrance fee.