



**CULTURAL TRIANGLE & ELEPHANTS
WEEKEND TRIP**

Located around the central region of Sri Lanka, The Cultural Triangle is the focal point for any visit to Sri Lanka. Although we won't be visiting Anuradhapura and Polonnarawa due to time constraints, you will still experience 3 UNESCO World Heritage Sites whilst having a chance to get up close and personal with the most gentle and enchanting of all creatures, the elephant.

The trips are open to all PMGY volunteers. We expect to have at least 6 people per trip, so you can be guaranteed a fantastic social experience. A member of the PMGY team will accompany the group throughout the trip and English-speaking guides will show you around all of the sites, so you get to fully appreciate their history and cultural significance. We will transport your group around by private minibus in order to maximise time and offer as much comfort and convenience as possible.

We will be running the trip on the following dates

26th January 2024 - 28th January 2024

23rd February 2024 - 25th February 2024

22nd March 2024 - 24th March 2024

26th April 2024 - 28th April 2024

24th May 2024 - 26th May 2024

21st June 2024 - 23rd June 2024

26th July 2024 - 28th July 2024

23rd August 2024 - 25th August 2024

27th September 2024 - 29th September 2024

25th October 2024 - 27th October 2024

22nd November 2024 - 24th November 2024

27th December 2024 - 29th December 2024

* Additional departure dates can be added if there are at least 6 participants looking to take part.

Each trip leaves on a Friday morning and returns on the Sunday evening.

The following are included within this fee:

- Private transport
- Accommodation (same sex)
- Meals (breakfast, lunch and dinner)
- Entrance fees
- English-speaking guide

BOOKING YOUR PLACE

If you've already signed up to one of our programs and would like to join our weekend trip then you can add it by [clicking here](#).

If you haven't signed up already, you can add the weekend trip onto your trip during the online application form, which you'll find by clicking on the 'Apply Now' button on

the relevant program web page.

Please note places on weekend tours are non-refundable and non-transferable. If you are in-doubt about joining one of these trips then you always have the option to sign up once you have arrived in Sri Lanka. Spots are subject to availability but in the vast majority of cases there are still spots available once you are on the program and it gives you more flexibility with your travel plans.

Please do not put our team in a difficult situation by asking for a refund or to switch dates simply because you have made alternative plans. The local team have to make prior commitments for these trips and therefore making changes are not as easy as it may appear.

ITINERARY DAY 1 - ELEPHANT SAFARI

We'll be up early on the Friday morning as we make the long drive to Dambulla. Here you will have lunch before setting off on a Jeep safari in the National Park. This will be either in Minneriya National Park or Kaudulla National Park, depending on the time of year as to where the Elephant's migrate.

The National Parks gives you an incredible opportunity to spot enchanting elephants in their natural habitats. It is home to 200+ Elephants, monkeys, crocodiles and even a handful of leopards.

After your adventurous afternoon, we will then make the short journey to Sigiriya where our evening meal will be served and you will settle into your accommodation ready for your jam-packed day tomorrow.



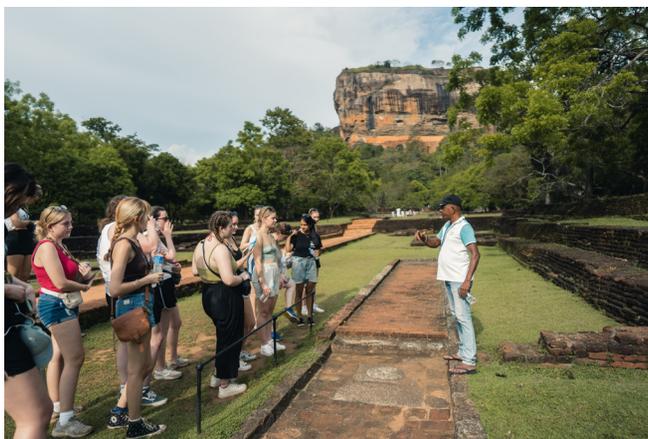
DAY 2 - LIONS ROCK, DAMBULLA TEMPLE & SPICES

On Saturday morning, you'll get to climb the towering rock in Sigiriya, known as Lion's rock, and explore the wonders of this former cultural capital complete with ancient graffiti and elaborate water gardens.

After lunch you will head over to the Golden Temple of Dambulla, where stands the huge Golden Buddha statue sat in the 'Dhamma Chakka' posture. It is the largest

golden Buddha in the world in this position.

We will then make our way to Kandy. On-route, we will stop at Matale to learn more about Sri Lankan spice plantations and herbal massages. We will get to our accommodation in Kandy that evening where dinner will be served in a restaurant in the city.



DAY 3 - KANDY, TEMPLE OF THE TOOTH & SHOPPING

Today is an action packed day where you will see some of Sri Lanka's most culturally important sites. We'll start the day by visiting the Temple of the Tooth. It was built in the 17th century and is proudly home of Buddha's tooth. The tooth is kept in a two-story inner shrine fronted by two large elephant tusks.

The relic rests on a solid gold lotus flower, encased in jewelled caskets that sit on a throne. The temple is a beautiful sight and a highly significant place of worship for all Sri Lankans.

After having lunch in Kandy we will spend the afternoon visiting the various shops in the town centre before making the drive back to Ambalangoda where we will arrive in time for dinner.



ACCOMMODATION

You will stay at a guesthouse on the Friday and Saturday night. Rooms are shared, up to 6 volunteers per room. Our team will do their best to arrange twin rooms or single beds, but from time to time some volunteers may be required to share double beds depending on availability.

The guesthouse will be basic but clean and comfortable. You'll have all the amenities you need such as western toilet and hot shower. Wi-Fi is also available, although it may be intermittent.

MEALS

You'll be provided with 3 meals per day throughout the 3 days. Meals will be typical Sri Lankan cuisine and served at either the guesthouse or a local restaurant. Bottled water will be provided for each meal time. Water outside of meals times and any soft drinks are at own expense.

TRANSPORT

We will transport you by a private minibus. Depending on each trip this may either be one large bus accompanying the whole group or smaller minibus format. One of PMGY's local coordinators will accompany you throughout the weekend trip and you will have English-speaking tour guides to take you around all of the sites.

If the trips are taking place on the weekend you are due to finish the program then it may still be possible to join. The best thing to do in this situation is to add on this weekend trip and book your return flight to leave Sri Lanka on the Monday to ensure you have sufficient time for a smooth transfer back to the airport after the weekend trip. Please contact the International Team if you wish to extend for the Sunday night at our accommodation when the weekend trip is finished before departing Sri Lanka.