



Singharaja Garden  
AGRO ECO Lodge (Pvt) Ltd  
No. 365/1 Singharaja Garden  
07th. Mile Post  
12100 Yattapatha/Sri Lanka

Phone: +94 345 621374  
Mobile: +94 711 525264  
Mobile: +49 156 78585399

WhatsApp: +94 711525264  
Skype: singharaja.garden

## 7 days "Personal Wilderness Retreat" (from 1 - 4 persons)

- Return transfer from Colombo airport or booked hotel (radius up to 100 km) to Singharaja Garden AGRO ECO-Lodge.
- 6 nights "Singharaja Garden AGRO ECO-Lodge" in a bungalow (double or twin) or single occupancy) or in the room (double or single occupancy) with Full board (breakfast, lunch snack / packed lunch and dinner.
- Five-day yoga therapy from Hatha and Aerial Yoga, 90 minutes each.
- Guided jungle walk.
- Ayurvedic wellness massage (approx. 60 min.)
- Guided Mountain Bike Tour
- Guided kayak tour on the Bentota-Ganga headwaters.

Total price per pers. in bungalow: 865,00 EUR

Total price for single traveller in bungalow: 1.245,00 EUR

Total price per person in a double room: 625,00 EUR

Total price in single room: 875,00 EUR

### Detailed programme description:

#### **Day 1**

Transfer from Colombo Airport to the foothills of the Singharaja Rainforest, to our Singharaja Garden AGRO & ECO Lodge. Untouched and nestled in the restful greenery, the lodge offers you a relaxed and tropical nature experience, with plenty of space and privacy.

Your 7-day Wilderness Retreat, with a maximum of 4 participants, is very personal and so we focus on combining yoga therapy and nature activities in a small group. The aim of the retreat is to help you bring your body, mind and soul back into balance. In addition to the varied yoga therapy sessions from Hatha and Aerial Yoga, we will move through the picturesque nature by hiking, mountain biking and kayaking and consolidate the healthy basic condition. The power of the wilderness, sharpens the senses and perception, for a sustainable and positive attitude to life.

Transfer time approx. 2.5 hrs.

#### **Day 2**

##### **Relaxing in Singharaja Garden**

At 7:30 am we start the new day with the first yoga therapy. After breakfast, the day is yours to enjoy at your leisure. The Singharaja Garden AGRO & ECO-Lodge invites you to unwind or enjoy your explore the tropical nature surrounding the lodge. For body and soul there is also your booked and relaxing Ayurvedic wellness massage.

#### **Day 3**

##### **Jungle hiking - Singharaja Garden**

Greet the new day first with yoga (alternatively also in the afternoon).

We start our hike directly from our lodge or with a 30 minute arrival (bus or three-wheeler). We always hike with pleasure, but also with Adventure character along old supply and transport routes through the Singharaja Garden or in the dry season, also in the rainforest. Exceptional insights into the tropical fauna and flora await us. On our several hours we will also treat ourselves to a refreshing swim in the clear water of the Rainforest river. (Hiking time of approx. 3 - 4 hrs, alternative hike depending on weather).

Tax ID (TIN): 934536711  
I. R. Department Kalutara  
Business Reg. No.: PV 00213334

Registered shareholders:  
Kamani-Lasanthi  
Jayasinghe, Director  
Edna Moellers, Director  
Alfons Stuecke, Director  
Registered:  
Democratic Socialist Republic  
of Sri Lanka





#### Day 4

##### Mountain Bike Tour through Singharaja Garden

Yoga again at 7:30 am.

Sporting ambition is not required on our guided mountain bike tour.

We cycle delightfully on roads, paths and trails through the Garden of Eden, a deep green mountain landscape divided into rice and tea terraces, palm trees and Rainforest. We leave ourselves enough time, also for a possible bathing stop.

Bicycle helmets are provided. (Approx. 4 hours cycling).

#### Day 5

##### Relaxing in Singharaja Garden

At 7:30 am we start the new day with yoga therapy. After the subsequent Breakfast today is at your free disposal. Our lodge invites you to relax or you can explore the tropical nature around the lodge. For body & soul Spirit also offers your booked Ayurvedic wellness massage.

#### Day 6

##### Kayak tour - With the sunrise we discover the exotic river landscape

Today we get up early (approx. 5:30 a.m.) and fortify ourselves with tea/coffee and banana for our kayak tour. Launching the boats, we experience how the sun slowly breaks through the morning fog and gives the exotic river landscape a breathtaking atmosphere. The calm Bentota River sets our rhythm and as nature awakens, we paddle through a dreamlike jungle landscape. An unforgettable tropical river tour.

We give kayak beginners an appropriate introduction. Safety equipment and waterproof bags are provided. (90 min. arrival & departure and approx. 3 hrs. paddling time).

Brunch is at 11:00 am, after arrival at the lodge. Yoga today at 17:00.

#### Day 7

After breakfast transfer to the booked connecting hotel or back to the airport.

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#### 14 days "Personal Wilderness Retreat" (from 1 - 4 persons)

- Return transfer from Colombo airport or booked hotel (radius up to 100 km) to Singharaja Garden AGRO ECO-Lodge.
- 13 nights "Singharaja Garden AGRO ECO-Lodge" in a bungalow (double or twin) or single occupancy) or in the room (double or single occupancy) with Full board (breakfast, lunch snack / packed lunch and dinner.
- Twelve-day yoga therapy from Hatha and Aerial Yoga, 90 minutes each.
- Guided jungle walk.
- Ayurvedic wellness massage (approx. 60 min.)
- Guided mountain bike tour through Singharaja Garden.
- Guided Village Market Tour and cooking together.
- Guided kayak tour on the Bentota Ganga or tributary.
- Day tour "Galle - time travel into the 17th century".
- Day Tour "Bentota Beach - Dream Beaches of the West Coast
- Further mountain bike tour to Doovi Ella waterfall, with picnic & pick up.

Total price per pers. in bungalow: 1.985,00 EUR

Total price for single traveller in bungalow : 2.670,00 EUR

Total price per person in a double room: 1465,00 EUR

Total price in single room: 1.890,00 EUR

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## **Detailed programme description:**

### **Day 1**

Transfer from Colombo Airport to the foothills of the Singharaja Rainforest, to our Singharaja Garden AGRO & ECO Lodge. Untouched and nestled in restful greenery the lodge offers you a relaxed and tropical nature experience, with plenty of space and Privacy.

Your 14-day Wilderness Retreat, with a maximum of 4 participants, is very personal and so in a small group we focus on the connection between yoga therapy and nature activities. The aim of the retreat is to help you to develop your body, mind and soul back into balance. Besides the versatile yoga therapy

Sessions from Hatha and Aerial Yoga, we move while walking, Mountain biking and kayaking in the picturesque nature and consolidate the healthy Basic condition. The power of the wilderness, sharpens the senses and perception, for a sustainable and positive attitude to life. Transfer duration approx. 2.5 hrs.

### **Day 2**

#### **Relaxing in Singharaja Garden**

At 7:30 a.m. we start the new day with the first yoga therapy (90 min.). After breakfast, the day is yours to enjoy at your leisure. The Singharaja Garden AGRO & ECO-Lodge invites you to relax or explore the tropical nature around the lodge. For body & soul, a relaxing Ayurvedic wellness massage is also an option.

### **Day 3**

#### **Jungle hiking - Singharaja Garden**

Greet the new day first with yoga (alternatively also in the afternoon).

We start our hike directly from our lodge or with a 30-minute drive (bus or three-wheeler). The hike is always enjoyable, but also adventurous, along old supply and transport routes through the Singharaja Garden or, in the dry season, also in the rainforest. Extraordinary insights into the tropical fauna and flora await us. On our hike of several hours, we also treat ourselves to a refreshing swim in the clear rainforest river by arrangement. (Hiking time approx. 3 - 4 hrs, alternative hike depending on weather conditions).

### **Day 4**

#### **Relaxing in Singharaja Garden**

Today we start the new day with yoga (7:30 am). After breakfast, the day is yours to enjoy at your leisure. The Singharaja Garden AGRO & ECO Lodge invites you to relax or explore the tropical nature around the lodge. For body & soul, a relaxing Ayurvedic wellness massage is also an option.

### **Day 5**

#### **Mountain biking through Singharaja Garden**

Yoga again at 7:30 a.m. or in the afternoon at 5:00 p.m.

Sporting ambition is not required on our guided mountain bike tour. We cycle enjoyably on roads, paths and trails through the Garden of Eden, a deep green Mountain landscape divided into rice and tea terraces, rubber plantations, palm trees and Rainforest. We leave ourselves enough time, also for a possible bathing stop.

Bicycle helmets are provided. (Day tour with approx. 4 hours of cycling).

### **Day 6**

#### **Relaxing in Singharaja Garden**

Today you start the new day with yoga again (7:30 am). After the After breakfast, the day is yours to enjoy at your leisure.

### **Day 7**

#### **Kayak tour - With the sunrise we discover the exotic river landscape**

Today we get up early (approx. 05:30), and with tea/coffee and a banana, we fortify ourselves.

for our kayak tour. Launching the boats, we experience how the sun slowly breaking through morning mist and transforming the exotic river landscape into a breathtaking atmosphere. The tranquil Bentota River defines our rhythm and as nature awakens, we paddle through a dreamlike jungle-

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landscape. An unforgettable tropical river tour. We give kayak beginners an appropriate introduction. Safety equipment and Waterproof bags are provided. (90 min. arrival & departure and approx. 3 hrs. paddling time). Brunch is at 11:00 am, after arrival at the lodge. Yoga today at 17:00.



## Day 8

### Mountain Bike Tour to Doovi Ella Waterfall

Today we start the new day again with yoga (7:30 am) and after breakfast, we take a ride with you on our mountain bikes to the Doovi Ella waterfall. We ride off-road and on roads to the Singharaja Rainforest, where a beautiful three-tiered waterfall pours over rocks and out of the rainforest into the valley. A natural basin, directly under the rushing water, invites us to take a bath and we can literally feel the energy that the waterfall carries with it. We have a lunch picnic here and then ride back on a truck with seats or van, including bikes to the lodge.

The tour length is around 30 km with 350 metres of altitude difference.

## Day 9

### "Galle - time travel into the 17th century".

In the colonial flair of the Dutch Fort, you will experience a journey back in time to the 17th century. Our tour begins at Dutch Market and you will take a guided tour through the old town, whose alleys are adorned with venerable colonial houses. Today, nice restaurants, hotels and colourful shops have found their place here, leaving you plenty of time to stroll and shop in the fort after the tour together. At 16:00 we meet again at the market place and go together to the oldest hotel in Sri Lanka. On the veranda of the former New Oriental Hotel, we feel transported to the former colonial times with a cup of tea/coffee and fresh scones. Afterwards, we go on a tour of the old fortress walls, where we hope to see the magnificent sunset. Dinner at the "Dutch Hospital", which was a hospital during the Dutch colonial period and today, after extensive renovation, it offers a beautiful finish overlooking Galle Bay. (Day tour approx. 10-12 hrs.)

## Day 10

### Relaxing in Singharaja Garden

Today we start the new day with yoga (7:30 am). After breakfast, the day is yours to enjoy at your leisure. The Singharaja Garden AGRO & ECO Lodge invites you to relax or explore the tropical nature around the lodge. For body & soul also offers a relaxing Ayurvedic wellness massage.

## Day 11

### "Bentota Beach Dream Beaches of the West Coast".

Bentota Beach is one of the most beautiful beaches in Sri Lanka. The seemingly endless and palm beach leading shallowly into the water leaves no tropical wishes and longings open.

The journey takes about 1 hour through the tropical landscape to Bentota. So that your beach day becomes a real treat, we will book you into the Bentota Beach Hotel. (designed by star architect Bava). Here you have all the comforts such as Sunbeds, towels, showers and pool available. For your physical well-being the large lunch buffet, as well as tea and cake in the afternoon, ensure a good meal. Only your drinks are not included in the price.

At 5 pm we return to Singharaja Garden. Dinner together at the lodge.

## Day 12

### Village market and cooking together

Today we go by "tuk-tuk" to a local village market. We buy together and in the afternoon we will prepare together and in our kitchen, our Dinner (rice and curry's) before. We are back at the lodge for lunch and the cooking class starts at 15:00.

## Day 13

### Relaxing in Singharaja Garden

Today we start the day again with yoga (7:30 am) and after the subsequent After breakfast, the day is again yours to enjoy at your leisure.

## Day 14

Departure day, either your transfer to the airport today or after breakfast the transfer to the booked connecting hotel.

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