



HAWTHORN

Travel & Cruise

The world as it should be seen

'REJUVENATION RETREAT', GALLE, SRI LANKA

September 2016



September 19 - let the rejuvenation begin...

On arrival into Sri Lanka, Andrea and our lovely local national guide will be there to meet you from your flight where we transfer directly from the airport to Why House for early check-in, a chill out and relax.

Today is a lazy day and you will enjoy lunch in-house followed by leisure time by the pool.

This evening is all about getting to know the fabulous divas who will share the villa for the next week with welcome cocktail and canapes, followed by a delicious welcome dinner at Why house.

Meals Included: (Lunch, Dinner)



IATA No. 02-3 0370 0
A.B.N. 99 006 230 244

60 Burwood Road, Hawthorn
VIC 3122 Australia
www.hawthorntravel.com.au



Telephone: +61 3 9819 2322
Toll free: 1800 679 365

info@hawthorntravel.com.au



September 20 - yoga, tea and a little pampering...

We start this morning with our first private yoga class with Eva, who is a well-renowned yoga teacher. This will be a regular morning activity - a healthy way to start the day with stretch and yoga in her nearby studio followed by a beautiful session of aqua aerobics for those who would like to continue.



Breakfast will be enjoyed overlooking the gardens and then we enjoy a late morning visit to Herman's Tea Factory and Estate. Sri Lanka is famous for its tea and rightly so, therefore no visit would be complete without a visit to one of its estates. We then enjoy lunch at Mirissa Hills before returning to the villa for massages and for those feeling in the mood, our personal trainer will be around for a one-on-one personal training session. We can also organise a group session for those feeling more like this style of activity. This evening a cultural show and Kottu rotti night (the ultimate Sri Lankan Street food) enjoyed at Why House.

Meals Included: (Breakfast, Lunch, Dinner)

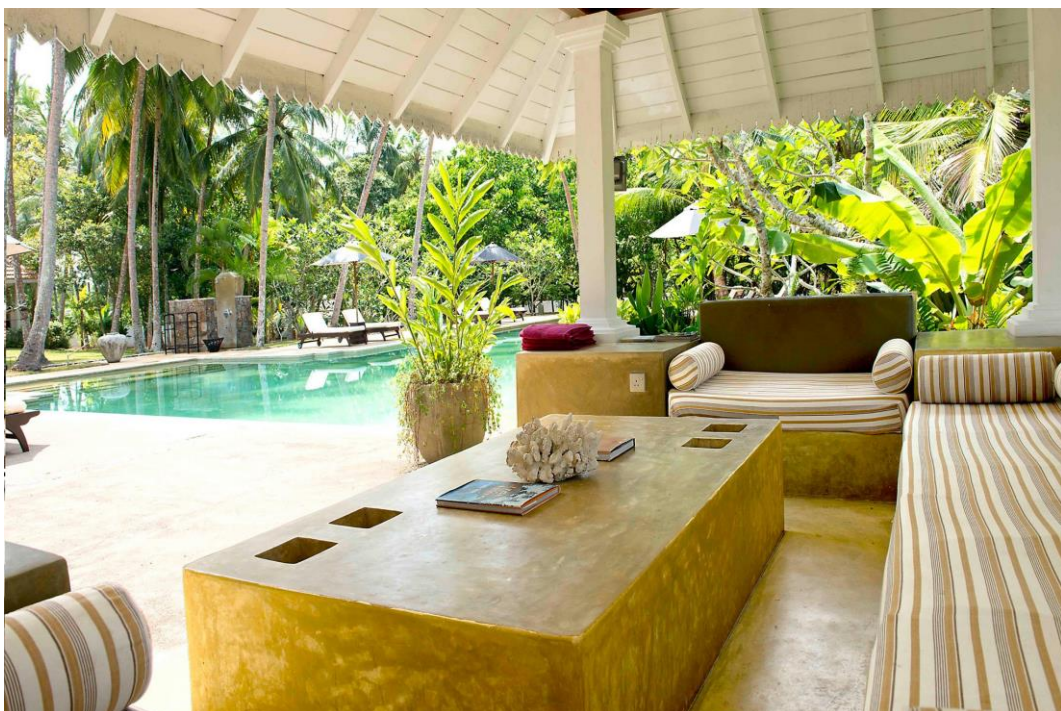


September 21 - relax, rejuvenate and Galle Fort exploring...

This morning we enjoy our yoga, aqua aerobics and/or personal training, along with our delicious breakfast. Then it is time for our transfer to Galle Fort and a morning walking tour with Juliet Coombe and Shahira, with morning tea at Serendipity cafe.

After watching some traditional lace making we then enjoy a casual lunch at a local cafe before we meet the beautiful local Sri Lankan Ladies, where they will share their life stories with us and then continue to join us for dinner this evening at local favourite, Fort Printers.

Meals Included: (Breakfast, Morning tea, Dinner)



September 22 - a little adventure followed by a pamper...

This morning enjoy our yoga session and yummy breakfast and then it is time for a little external play! We indulge in a Village Rider experience, with a serene boat ride down the river accompanied by a naturalist, a guided cycle ride from the river banks through stunning landscapes to a local village, followed by lunch cooked by a local lady. The dish is called a hopper, and it is a Sri Lankan version of the pancake - good rustic food!

We then return home for a lazy afternoon of pool, massages and just hanging out (bubbles perhaps?) followed by a delicious BBQ seafood dinner.

Meals Included: (Breakfast, Lunch, Dinner)



September 23 - shop, shop, shop

This morning our little healthy regime, followed by lovely free time to explore Galle, its lovely shopping and to just enjoy a lazy lunch at somewhere you would like to spend some time. For those who wish to stay home and just enjoy a day of reading books, writing in your journal or lazing by the pool.

This afternoon we visit the Manacare foundation for handicapped and give back to the community, followed by a visit to the Tsunami memorial near Hikkaduwa.

Dinner this evening is Clay oven pizza on the beach, where we will meet some of the local expat ladies for a drink and a chat!

Meals Included: (Breakfast, Dinner)



September 24 - yoga, cooking and Why House farewell dinner...

After our gorgeous yoga, aqua aerobics and/or personal training sessions, it is time to cook with Henrietta and learn all of her secrets, followed by a lazy lunch.

Enjoy a post lunch swim and then it is time for an afternoon sari wearing workshop, with local teachers to ensure we get it right!!

We then enjoy our farewell Sushi dinner and for those who are game, a little Karaoke session (I personally am addicted so ear plugs may be necessary) at Why House.

Little farewell goodies will abound tonight!

Meals Included: (Breakfast, Lunch, Dinner)

September 25 - Colombo here we come...

This morning we say farewell to our gorgeous home, Why House, Henrietta and her lovely team. We head to Colombo by the highway and on arrival will enjoy lunch at the Gallery Cafe.

We then enjoy a private guided Mark Forbes walking tour of Colombo exploring its hidden secrets before heading to our hotel, the Wallawwa for farewell Sundowners and our final dinner together.

Dinner is at leisure tonight as many of you will be departing either around midnight or very early tomorrow morning for your flight home. If you are staying to extend, then happy zzz's

Meals Included: (Breakfast, Lunch)



September 26 - bye, bye...

Flights depart very early (around 1-2 am depending on airline) so you will check into your flight and depart. Transfer time from the hotel will be advised and facilitate by Andrea to ensure a smooth departure.

Those staying on, you will check out this morning and make your own way to your next port of call!

Meals Included: (Breakfast)