

ayu YOUR HEALING JOURNEY +

MEDICAL TOURISM BY WALKERS TOURS





Walkers Tours has been a leader in the Sri Lankan tourism industry for over 49 years, organising Sri Lankan tours for couples on holiday, on their honeymoon, adventurers and nature lovers, as well as for special holiday groups and convention delegates.

We are Sri Lanka's premiere Destination Management Company (DMC) with 49 years of experience in the FIT, GIT and MICE segments, and have set the bar for the highest level of quality. We are a fully owned subsidiary of the John Keells Group, the largest conglomerate in Sri Lanka which has a market capitalisation on the Colombo Stock Exchange in excess of USD 2 billion.

Sri Lanka is a market leader in the Asian region for medical tourism and is well renowned for the quality of its medical services as well as being a major player as a holiday destination. Tourists from all around the world come to Sri Lanka each year to take advantage of the beauty of the country and also for the skill, talent and experience of the medical services. We have the support and service to assist you throughout your medical holiday.

A photograph of a tall, cylindrical lighthouse situated on a tropical island. The island is lush with palm trees and other vegetation. A small, simple building is visible near the base of the lighthouse. The ocean is visible in the foreground, and the sky is clear.

WEL COME

WE ARE

ayu YOUR
HEALING
JOURNEY 

MEDICAL TOURISM BY WALKERS TOURS

Medical Tourism by Walkers Tours provides a range of services at an affordable price for medical and personalised concierge services, while helping connect our clients to seek treatment by working closely with a network of extensively equipped and accredited hospitals, internationally qualified consultants and world-class nursing staff that meet the highest standards of quality and best practice in Sri Lanka. Transparency is essential and we provide this assurance in all our services and our team will share the hospital details in order for you to communicate with the medical professionals directly. If requested, we will also help you connect with other clients who have undergone similar treatments.

Having selected a wide range of popular accommodation options for our clients, we offer styles and prices that best suit each individual taste in transportation, excursions, travel plans, tickets etc. Overall, the experience of wellness tourism and immersive getaways is our specialty, offered through the medical tourism sector of Walkers Tours. We work alongside the mantra of providing the highest possible quality of service and will ensure to take every necessary step towards creating a memorable stay in Sri Lanka for every client while enjoying the comforts of our medical support.

From ancient times "the nelum" or lotus has been a divine symbol in Sri Lankan tradition as a symbol of purity. In Sri Lanka it is used to decorate the main entrance of a building or home and is also used as a form of temple worship amongst the Buddhists.



SERVICES BY AYU

Walkers Tours together with the AYU Medical Tourism programme offer you a variety of exceptional services assuring that your visit for medical attention is delivered with precision and care.

- Medical tourism
- Wellness tourism
- Providing treatment and management plans
- Financial provisions
- Arrangement of consultation with the hospital
- Arrangement of post-surgery followups
- Making travel arrangements
- Airport pick up and drop off
- Hotel reservations
- Arranging interpretation services
- Coordination with the Embassy
- Daily tours/sightseeing

The Sri Lankan elephant is one of three recognised subspecies of the Asian elephant, and native to Sri Lanka.

WESTERN MEDICINE

We provide a range of services at an affordable price for medical and personalised concierge services while working closely with a network of extensively equipped and accredited hospitals, internationally qualified consultants and world-class nursing staff.



COSMETIC PROCEDURES - FACE

- Botox
- Filler injections
- Blepharoplasty / Eyelid surgery
- Lip enhancement
- Rhinoplasty / Nose job
- Otoplasty / Ear surgery / Ear pinning
- Rhytidectomy / Facelift
- Chin augmentation / Chin implant
- Cheek augmentation / Cheek implant
- Orthognathic Surgery

COSMETIC PROCEDURES - BREAST

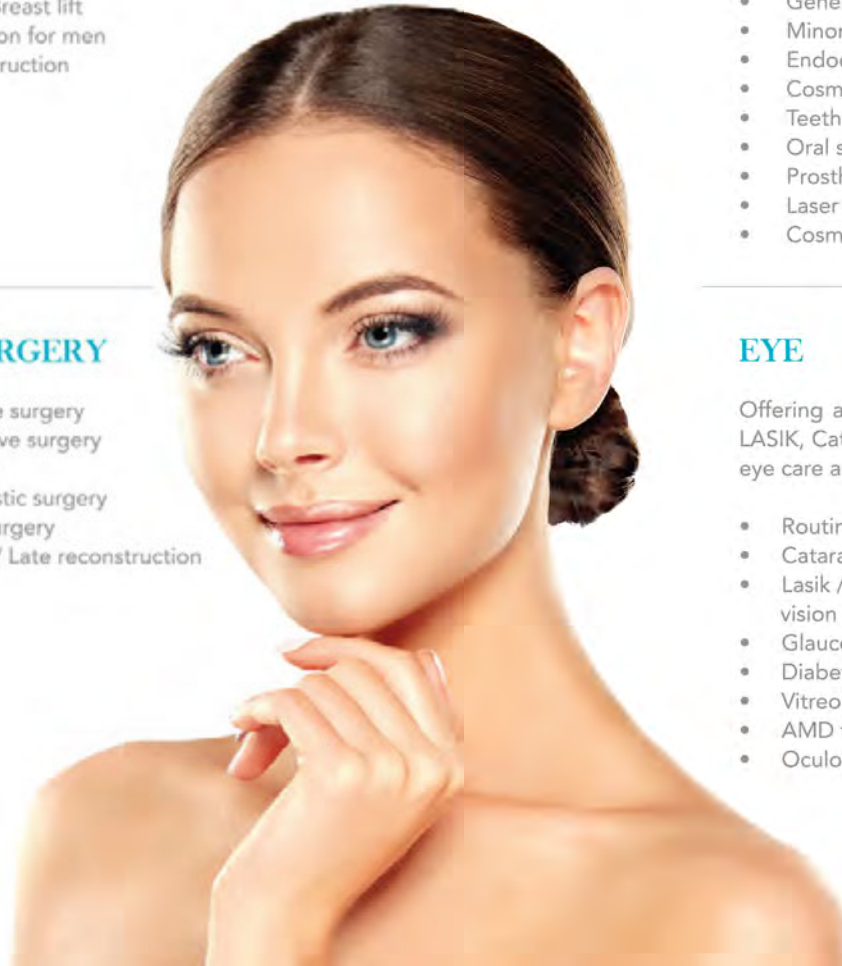
- Breast augmentations / Breast implant
- Reduction mammoplasty / Breast reduction
- Mastopexy / Breast lift
- Breast reduction for men
- Breast reconstruction

COSMETIC PROCEDURES - BODY

- Abdominoplasty / Tummy tuck
- Labiaplasty
- Thigh lift / Buttocks lift
- Removal of auxiliary fat pads
- Liposuction / Suction lipectomy
- Brachioplasty / Arm lift

PLASTIC SURGERY

- Reconstructive surgery
- Peripheral nerve surgery
- Hand surgery
- Paediatric plastic surgery
- Craniofacial surgery
- Burns - acute / Late reconstruction



DENTAL

Our partner hospitals are committed to providing care for short and long term oral health needs.

- General dental treatment
- Minor restoration
- Endodontics
- Cosmetic dentistry
- Teeth whitening
- Oral surgery
- Prosthetics
- Laser dental surgery
- Cosmetic laser procedures

EYE

Offering a full range of services including LASIK, Cataract surgery, routine & medical eye care and more.

- Routine eye check
- Cataract surgery
- Lasik / CK laser surgery for far / near vision correction
- Glaucoma evaluation and treatment
- Diabetic eye clinic services
- Vitreoretinal surgery and laser
- AMD full evaluation including FFA test
- Oculoplasty and squint surgery

HEALTH CHECK-UP

Regular health checkups can help find problems before they start. Learn about what you can do on your next check-up.

- Standard health check packages
- Annual medical checks
- Pre-employment medicals
- Visa medicals

SPECIALTY SERVICES

- Cardiology
- Orthopaedics
- Neurology
- Gynaecology
- Nuclear Medicine
- General Surgery
- Well Woman Centre
- Gastroenterology
- Mother & Baby Care
- Kidney Care
- Radiology
- Blood Cancer
- ENT
- Fertility

CHOOSE YOUR MEDICAL PACKAGE

MAKE YOUR
HOLIDAY
A HEALING JOURNEY

The AYU medical tourism package allows you to customise your next health check-up to suit your needs.



Whole Body Ladies Classic

The health package is inclusive of the following:

1. Airport pickup and drop off
2. Hotel accommodation for 7 nights
3. Whole body health check-up

Full Blood Count | ESR | Fasting Blood Sugar | Post Prandial Blood Sugar | Lipid Profile | Liver Profile | Renal Profile | TSH | Urine Full Report | Stool Full Report | Stool Occult Blood | HbA1c | Pap Smear | Mammogram or Ultra Sound Breast scan | Chest X-ray with Radiologist report | Lung Function Test (Spirometry) | ECG | 2D Echo Cardiogram | TMT (Tread Mill / Stress Test) | Ultra Sound Whole Abdomen | Checking of Height, Weight, BMI | Checking of Waist Circumference | Checking of Vision | Medical History by Medical Officer | Consultation by ENT Surgeon | Consultation by Physician | Consultation by Ophthalmologist | Consultation by Gyneacologist | Report with Summary.

Whole Body Check Ladies - Premier

The health package is inclusive of the following:

1. Airport pickup and drop off
2. Hotel accommodation for 7 nights
3. Whole body health check-up

Full Blood Count | ESR | Blood Picture | Fasting Blood Sugar | Post Prandial Blood Sugar | Lipid Profile | Liver Profile | Renal Profile | TSH | Urine Full Report | Stool Full Report | Stool Occult Blood | HbA1c | Pap Smear | CA - 125 | CEA | CA 19.9 | AFP | Mammogram or Ultra Sound Breast Scan | Chest X-ray with Radiologist Report | Lung Function Test (Spirometry) | ECG | 2D Echo Cardiogram | TMT (Tread Mill / Stress Test) | Ultra Sound Whole Abdomen | Checking of Height, Weight, BMI | Checking of Waist Circumference | Checking of Vision | Medical History by Medical Officer | Consultation by ENT Surgeon | Consultation by Physician | Consultation by Ophthalmologist | Consultation by Gyneacologist | Report with Summary.

Whole Body Gents Classic Plus

The health package is inclusive of the following:

1. Airport pickup and drop off
2. Hotel accommodation for 7 nights
3. Whole body health check-up

Full Blood Count | ESR | Fasting Blood Sugar | Post Prandial Blood Sugar | Lipid Profile | Liver Profile | Renal Profile | TSH | Urine Full Report | Stool Full Report | Stool Occult Blood | HbA1c | PSA | Chest X-ray with Radiologist Report | Lung Function Test (Spirometry) | ECG | 2D Echo Cardiogram | TMT (Tread Mill / Stress Test) | Ultra Sound Whole Abdomen | Checking of Height, Weight, BMI | Checking of Waist Circumference | Checking of Vision | Medical History by Medical Officer | Consultation by ENT Surgeon | Consultation by Physician | Consultation by Ophthalmologist | Report with Summary.

Whole Body Check Gents - Premier

The Health package is inclusive of the following:

1. Airport pickup and drop off
2. Hotel accommodation for 7 nights
3. Whole body health check-up

Full Blood Count | ESR | Fasting Blood Sugar | Post Prandial Blood Sugar | Lipid Profile | Liver Profile | Renal Profile | TSH | Urine Full Report | Stool Full Report | Stool Occult Blood | HbA1c | PSA | CEA | CA 19.9 | Blood Picture | AFP | Chest X-ray with Radiologist Report | Lung Function test (Spirometry) | ECG | 2D Echo Cardiogram | TMT (Tread Mill / Stress Test) | Ultra Sound Whole Abdomen | Checking of Height, Weight, BMI | Checking of Waist Circumference | Checking of Vision | Medical History by Medical Officer | Consultation by ENT Surgeon | Consultation by Physician | Consultation by Ophthalmologist | Report with Summary.

Healthy Heart Check - Advanced

The health package is inclusive of the following:

1. Airport pickup and drop off
2. Hotel accommodation for 7 nights
3. Complete health check-up

Full Blood Count | ESR | Fasting Blood Sugar | Post Prandial Blood Sugar | HbA1c | Liver Profile | Urine Full Report | Lipid Profile | Renal Profile | TSH | ECG | Chest X-ray with Radiologist Report | 2D Echo Cardiogram | TMT (Tread Mill/Stress Test) | S. Homocysteine Level | High Sensitive CRP | CT Calcium Scoring | Checking of Height, Weight, BMI | Checking of Waist Circumference | Checking of Vision | Medical History by Medical Officer | Consultation & Report Discussion with Cardiologist | Report with Summary.

Stroke Prevention Check - Advanced

The Health package is inclusive of the following:

1. Airport pickup and drop off
2. Hotel accommodation for 7 nights
3. Complete health check-up

Full Blood Count | ESR | Fasting Blood Sugar | HbA1c | TSH | Lipid Profile | Liver Profile | Renal Profile | Ultra Sound Color Doppler Carotids | Urine Full Report | ECG | Chest X-ray with Radiologist report | MRI Brain stroke package | 2D Echo Cardiogram | Checking of Height, Weight, BMI | Checking of Waist Circumference | Checking of Vision | Medical History by Medical Officer | Consultation by Ophthalmologist | Consultation by Neuro-Physician | Report with Summary.

Cancer Screening Check : Ladies - Advanced

The health package is inclusive of the following:

1. Airport pickup and drop off
2. Hotel accommodation for 7 nights
3. Complete health check-up

Full Blood Count | Urine Full Report | ESR | Stool for Occult Blood | Mammogram or Ultra Sound Breast Scan | Blood Picture | Pap Smear | AFP | CEA | CA - 125 | CA 19.9 | Ultra Sound Whole Abdomen | Chest X-ray with Radiologist Report | Checking of Height, Weight, BMI | Checking of Waist Circumference | Checking of Vision | Medical History by Medical Officer | Consultation by Gyneacologist | Consultation by Dentist | Report Discussion with Specialists.

Cancer Screening Check Gents - Advanced

The Health package is inclusive of the following:

1. Airport pickup and drop off
2. Hotel accommodation for 7 nights
3. Complete health check-up

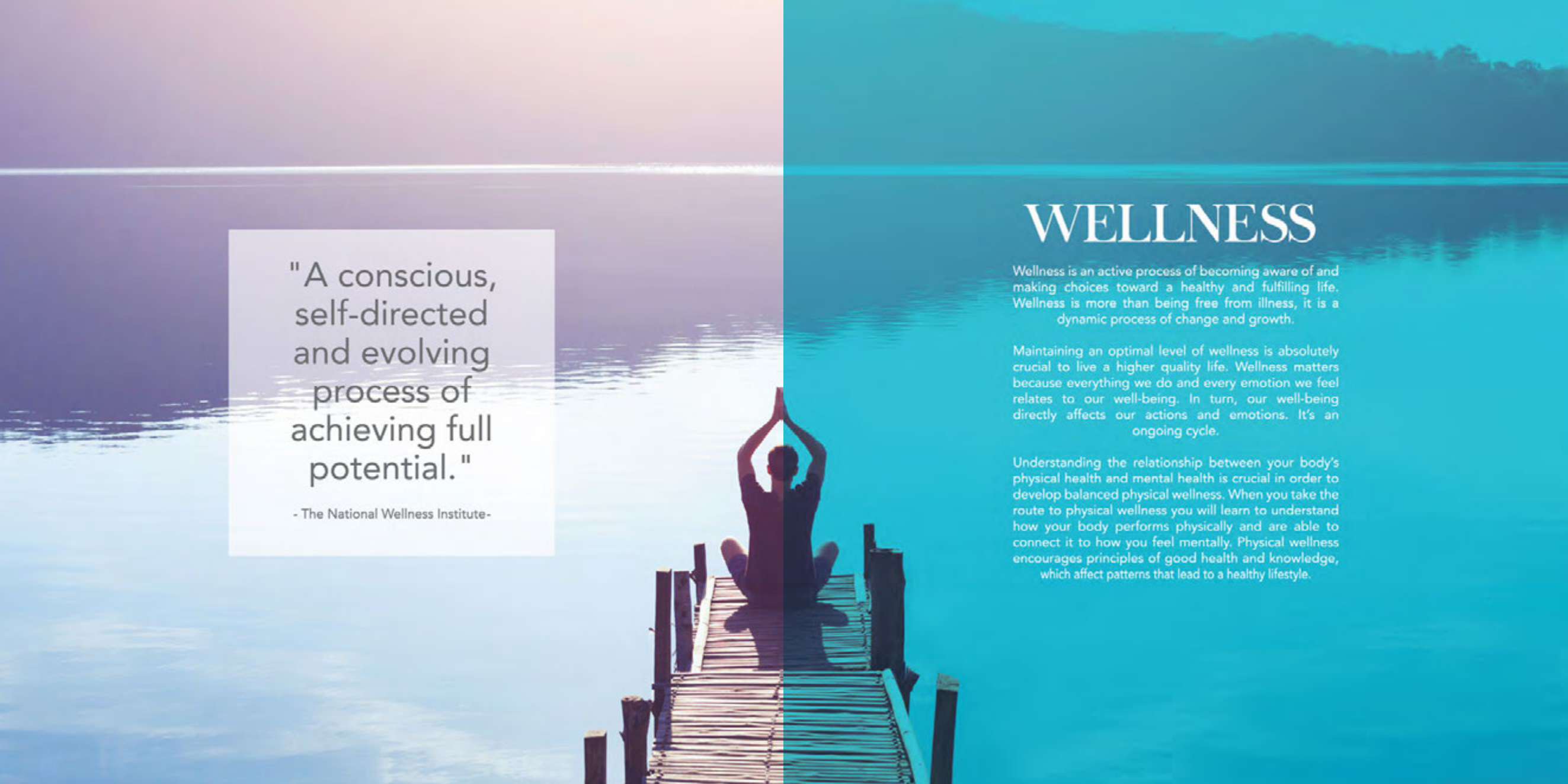
Full Blood Count | Urine Full Report | ESR | Stool for Occult Blood | Blood Picture | PSA | AFP | CEA | CA 19.9 | Ultra Sound Whole Abdomen | Chest X-ray with Radiologist | Checking of Height, Weight, BMI | Checking of Waist Circumference | Checking of Vision | Medical History by Medical Officer | Consultation by Dentist | Report Discussion with Specialist.

Safety Screening Check

The health package is inclusive of the following:

1. Airport pickup and drop off
2. Hotel accommodation for 7 nights
3. Complete health check-up

Full Blood Count | ESR | VDRL | HSV Serum IgG I & II | TPPA | HIV I & II Elisa | HbsAgElisa | Urine Chlamydia / Gonorrhoea PCR | Medical History by Medical Officer | Consultation by STD Specialist | Report with Summary.

A person is sitting on a wooden pier extending into a calm lake. The person is in a meditative pose with their hands raised above their head. The background shows a sunset or sunrise over the water, with a soft glow on the horizon. The image is split vertically into two color schemes: a warm, purple-to-orange gradient on the left and a cool, teal-to-blue gradient on the right.

"A conscious,
self-directed
and evolving
process of
achieving full
potential."

- The National Wellness Institute -

WELLNESS

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It's an ongoing cycle.

Understanding the relationship between your body's physical health and mental health is crucial in order to develop balanced physical wellness. When you take the route to physical wellness you will learn to understand how your body performs physically and are able to connect it to how you feel mentally. Physical wellness encourages principles of good health and knowledge, which affect patterns that lead to a healthy lifestyle.

SRI LANKA & WELLNESS

Seeking to improve or maintain health and quality of life? Sri Lanka has been a popular destination for wellness tourism with a huge range of wellness retreats such as Ayurveda with a vast history which dates back 3000-years; Sri Lanka is also known for one of the worlds' best available Yoga Retreats, including Spa, Meditation etc, all focusing on natural healing therapies. The definition of 'Ayurveda' in simple terms mean "the science of life", Ayurveda represents a system of healing that has been perfected over more than five thousand years. It is famed as South Asia's ancient health care system based on herbs and diet. Ayurveda sees health and disease in holistic terms. It takes into account the relationship between energy and matter. This system of healing believes in treatment of not just the part affected by disease but the individual as a whole. It emphasizes on the harmony of mind, body and spirit to cure diseases.

"Ayurveda" is not only a form of medication - it is a way of life known to generations of Sri Lankans for over 3000 years.

The health conscious today are searching for effective alternatives to the spiraling costs and side effects that result from the use of modern medicine. Sri Lankans, in the last couple of millennia have made use of the "user-friendly and traditional medicine – Ayurveda" which over 75% of the island's population depend on because of its reliance on natural plants, herbs and oils.



Ayurveda is a herbal, traditional medicine created from the expert knowledge of ancient herbalists where various natural ingredients are used for healing purposes such as: Holy Basil, Turmeric Powder and even fruit such as the Indian Gooseberry.



Weight loss

Package

For those interested primarily in weight loss, this programme is strategically designed to eliminate excess weight while leaving you feeling energized, healthy, balanced and encouraged to continue after you leave Sri Lanka.

Package based on 7 nights, 8 days

- Wellness consultation upon arrival and departure with the doctor including body type analysis and setting lifestyle goals
- Strict, personalised diet plan that induces fat burning
- Herbal medication to correct the imbalance and increase metabolism/burn fat
- 60 minutes of group yoga sessions per day
- 30 minutes of group meditation per day
- 90 minutes of personalised spa treatments based on body analysis and consultation, per day:
(Treatment options: Udwarthanam, Virechanam, Thai massage, Deep tissue massage, Choorna Swedana, Dhanyamla Dhara)
- Guided group walks and hiking
- Daily use of steam, sauna and thermal salt water pool
- 2 sessions of 60 minute lifestyle discussions - Healthy living (only 1 session for 5 night stays)



Detox

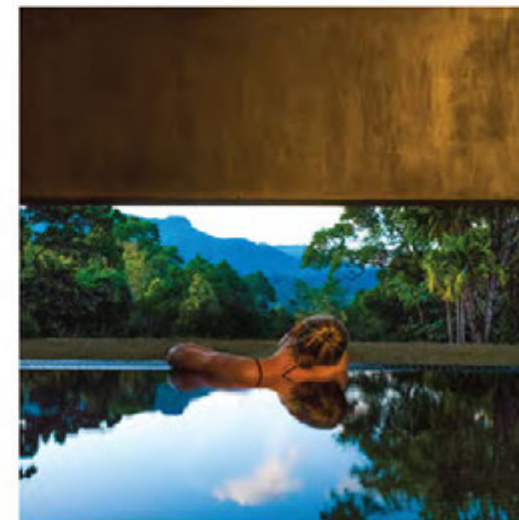
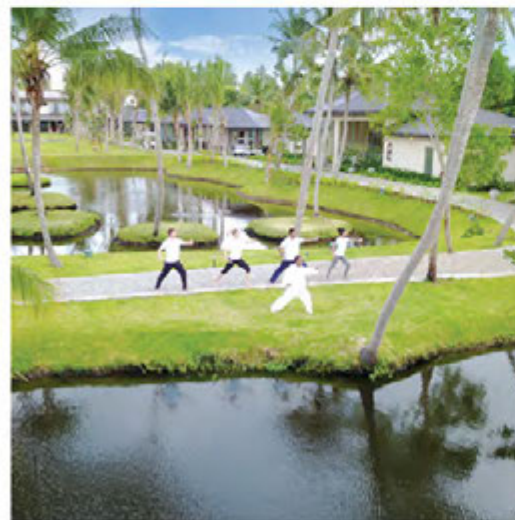
Package

Regular cleansing of the body is a core preventative care that will help prevent the occurrence of many diseases such as cancer, hypertension, diabetes, cardiac issues, etc.

The Detox programmes can be customised to different needs and durations starting from 7 days to 21 days. These can be basic introductions to detox or advanced detox for guests who are accustomed to detox and cleansing. The programme can be customised based on Ayurvedic techniques or western techniques such as juicing.

Package based on 7 nights, 8 days

- Strict personalised detox diet plan
- Herbal medication for detoxing
- 60 minutes of group yoga sessions per day
- 30 minutes of group meditation per day
- 75 minutes of personalised spa treatments based on body analysis and consultation, per day:
(Treatment options: Deep Tissue Massage, Detox Scrub, Detox Facial, Abhyangam, Virechanam, Vasthi, Thai Massage, Reflexology, Shirodhara, Pizhichil, Nasyam, Tharpanam, Karnapooranam)
- Guided group walks and hiking
- Daily use of steam, sauna and thermal salt water pool
- 2 sessions of 60 minute lifestyle discussions - Healthy living (only 1 session for 5 night stays)





Anti-ageing

Package

An anti-ageing programme that is designed as preventative care for major degenerative diseases (hypertension, diabetes, cardiac issues, etc) and to help better manage the overall ageing process. This combines elements of detox, rebalancing and beauty care to provide an overall regeneration of all systems.

Package based on 7 nights, 8 days

- Wellness consultation upon arrival and departure with the doctor
- Strict personalised detox diet plan
- Herbal medication for detoxing
- 60 minutes of group yoga sessions per day
- 30 minutes of group meditation per day
- 75 minutes of spa treatment per day
(Treatment options: Udvartanam (Herbal Powder Massage), Gharshanam (Herbal Cream massage), Swedish Massage, Detox Facial, Abhyangam, Virechanam, Shirodhara, Ksheeradhara (Medicated milk bath), Nasyam, Tharpanam, Herbal Facial, Herbal Body Wraps, Herbal Body Scrubs.)
- Guided group walks and hiking
- Daily use of steam, sauna and thermal salt water pool
- 2 sessions of 60 minute lifestyle discussions - Healthy living (only 1 session for 5 night stays)



Personal Dosha Ayurveda retreat

Package

If you are keen to experience the benefits of Ayurveda or intend to be treated for specific health conditions, this programme is for you.

Package based on 7 nights, 8 days

- Wellness consultation upon arrival and departure with the doctor, including body type analysis and setting lifestyles goals
- Strict personalised diet plan
- Herbal medication specific to the dosha and health conditions
- 60 minutes of group yoga sessions per day
- 30 minutes of group meditation per day
- 90 minutes of personalised spa treatments based on body analysis and consultation, per day:
(Treatment options: Abyangam, Shirodhara, Takradhara, Patra Pinda Swedana, Udwarthanam, Shashtika Pinda Swedanam, Tanlepanam, Mukhalepanam, Tharpanam, Pichu, Nasyam, Uro Vasthi, Virechana).
- Guided group walks and hiking
- Daily use of steam, sauna and thermal salt water pool
- 2 sessions of 60 minute lifestyle discussions - Healthy living (only 1 session for 5 night stays)



Recovery

Package

Is well suited to support anyone who has undergone emotional or physical trauma to regain a healthier balanced life. This fully customized programme is recovering from surgery, cancer, heart attack or stroke as well as those dealing with emotional losses.

Package based on 7 nights, 8 days

- Wellness consultation upon arrival and departure with the doctor
- Strict personalised diet plan
- Herbal medication to enable specific recovery during course of stay
- 60 minutes of group Yoga session per day

- 60 minute of group meditation per day
- 90 minutes of spa treatment per day
(Treatment options: Abyangam, Shirodhara, Takradhara, Patra Pinda Swedana, Udwarthanam, Shashtika Pinda Swedana, Dhanyamladhara, Karnapoornam, Tanlepanam, Mukhalepanam, Tharpanam, Pichu, Nasyam, Uro Vasti, Sneha/Kashaya Vasthi)
- Guided group walks and hiking
- Daily use of steam, sauna and thermal salt water pool
- Sessions of 60 minute lifestyle discussions - Healthy living (only 1 session for 5 night stays)



Spa

Package

For anyone who knows they need a break to get unstuck and to reboot, yet prefers to take a more general approach to relax the mind, body and spirit, this fully bespoke programme requires absolutely no prior exposure to wellness, fitness or a healthy lifestyle. Anyone will benefit from this custom combination of relaxation therapies, healthy meals and Hatha yoga.

Package based on 7 nights, 8 days

- 60 minutes of group yoga sessions per day
- 30 minutes of group meditation per day
- 75 minutes of spa treatments per day:
(Treatment options: Abyangam, Shirodhara, Swedish Massage, Hot Stone Massage, Deep Tissue Massage, Reflexology, Patra Pinda Swedana, Choorna Swedana)
- Guided group walks and hikes
- Daily use of steam, sauna and thermal salt water pool



Meditation

Package

This is well suited to support anyone who has undergone emotional or physical trauma to regain a healthier balanced life. This fully customised programme is for recovering from surgery, cancer, heart attack or stroke as well as those dealing with emotional losses.

Package based on 7 nights, 8 days.

- Wellness consultation upon arrival and departure with the doctor
- Strict personalised diet plan
- Herbal medication to enable specific recovery during course of stay
- 60 minutes of group yoga sessions per day
- 60 minutes of group meditation per day
- 90 minutes of spa treatment per day
(Treatment options: Abyangam, Shirodhara, Takradhara, Patra Pinda Swedana, Udwarthanam, Shashtika Pinda Swedana, Dhanyamla Dhara, Karnapooram, Tanlepanam, Mukhalepanam, Tharpanam, Pichu, Nasyam, Uro Vasti, Sneha/Kashaya Vasthi)
- Guided group walks and hiking
- Daily use of steam, sauna and thermal salt water pool
- 2 sessions of 60 minute lifestyle discussions - Healthy living (only 1 session for 5 night stays)



Sleep

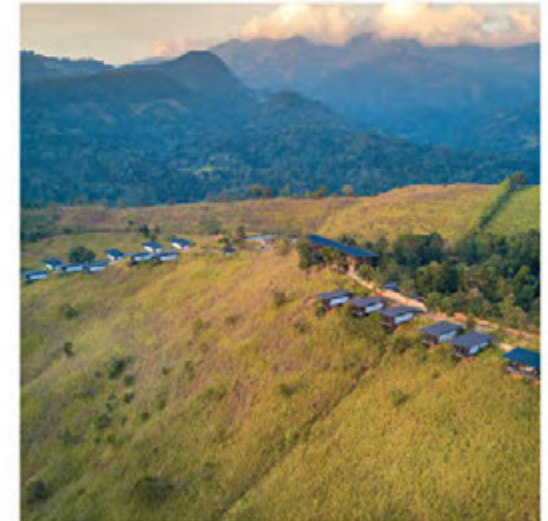
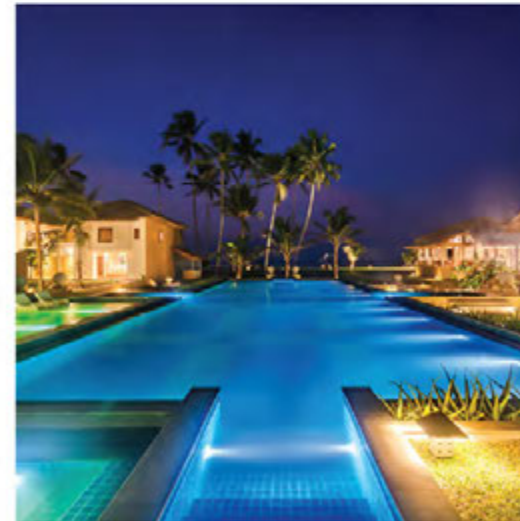
Package

Many of us struggle to sleep, for some this means turning to sedatives or sleeping pills. If you want to sleep well naturally, this program is for you. Additionally, it will help anyone with anxiety, stress, depression and other related conditions.

The wellness experts incorporate relaxation therapies, healthy personalized meals, meditation and Hatha yoga to put you to sleep in the calming environment. Additionally, we also assist you with the understanding of how to sustain this level of rest once you are back in your daily routine.

Package based on 7 nights, 8 days

- Wellness consultation upon arrival and departure with the doctor including body type analysis and setting lifestyles goals
- Personalized diet plan
- Herbal medication to correct the imbalance, during the course of stay
- 02 sessions of 60 minutes of group yoga session per day.
- 02 sessions of 30 minutes of group meditation per day
- 30 minutes of Yoganidra therapy per day
- 75 minutes of personalized spa treatments based on the body analysis and consultation, per day:
(Treatment options: Abyangam, Shirodhara, Thalapothichil, Takra dhara, Swedish Massage, Hot Stone Massage, Deep Tissue Massage, Reflexology, Patra Pinda Swedana, Shashtika Pinda Swedanam, Pizhichil).
- Guided group walks and hiking
- Daily use of steam, sauna and thermal salt water pool
- 2 sessions of 60 minutes lifestyle discussions - Healthy living (only 1 session for 5 nights stays)



ACCESSIBLE TOURISM

AYU, is your trusted travel partner that specifically caters to the medical, wellness and accessible tourism market in Sri Lanka offering a range of services. It serves as the specialized medical tourism brand of Walkers Tours. Being Sri Lanka's premier Destination Management Company with 50 years of experience in the tourism sector, with Walkers Tours, you are sure to be in expert hands!

Accessible tourism, a niche market within inbound tourism is relatively untapped with wonders to be unravelled. Facilities that exist within Sri Lanka for this segment remain to be a secret, however, AYU has explored the best of it to offer you a unique experience. We are the first inbound tour company to specialise in this area.

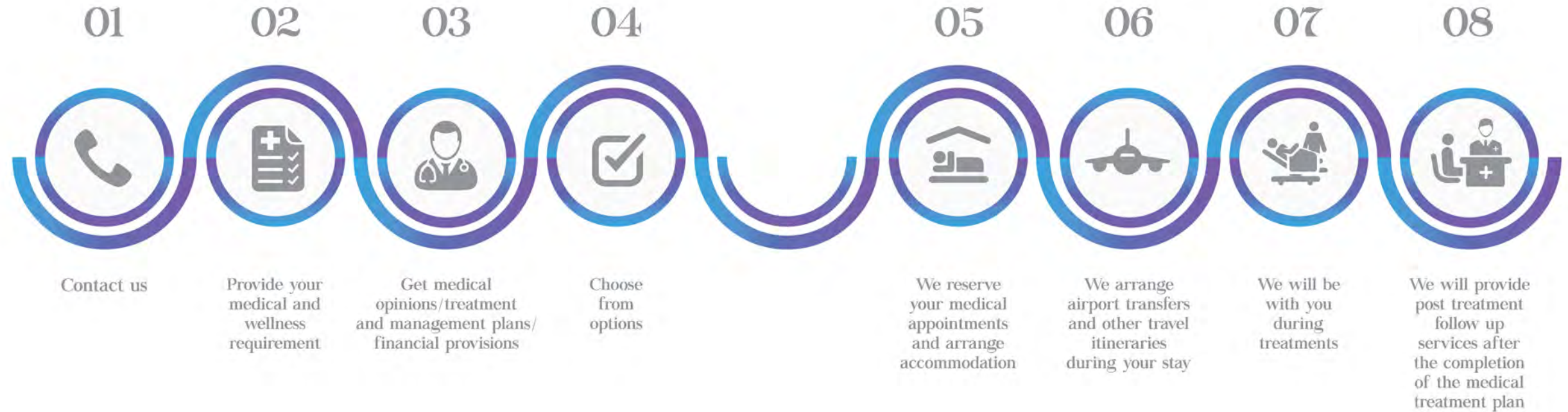
AYU operates in liaison with Mr. James Exton, a disability travel consultant and a member of the European Network for Accessible Tourism. Having a wealth of knowledge about suppliers catering to this niche segment, AYU's team has done extensive research to curate specific tours to differently abled tourists no matter what the requirements are. For the first time in Sri Lanka, AYU by Walkers Tours has developed the very first wheelchair accessible vehicle (WAV) and has carefully selected a list of partner hotels that accommodate special needs. Tours promoting a number of attractions with wheelchair accessibility coupled with experiences that provide necessary infrastructure adds to AYU's distinct hallmark making it easy for tourists that need the extra help. Along with our insured carbon neutral fleet of vehicles and well-trained chauffeur guides allotted to AYU, absolute care and attention to our clients is guaranteed.

AYU's vision is to make Sri Lanka accessible for all including families and friends accompanying the special needs clients while creating memories of a lifetime in our tropical isle! So do not fret or be wary about travelling to Sri Lanka. AYU will make your dream holiday a reality with safety, entertainment and the most soothing experience you can ask for.

The tropics are no longer inaccessible with the likes of us involved. Quick! Start booking with AYU!



HOW WE WORK



DISCOVER SRI LANKA

Situated amidst the rich and tranquil waters of the Indian Ocean - "the pearl" - as known to travelers far and wide is a treasure trove to all things historical, exquisite and tropical; Sri Lanka is the ultimate travel destination, be it for leisure or health, this little island redefines the word "holiday".



Sun, sand and the beautiful island blue hues-this is Sri Lanka.




Go face to face with Sri Lanka's most popular jungle cat-the Leopard.



Roam the island side by side with the land's Jumbo Giants.



Take a ride through the bridge in the sky. Nine Arch Bridge, Ella.



Wildlife and
adventure tours to
appreciate the
rich bio-diversity
of Sri Lanka

**ANIMAL INSTINCT - A SAFARI TOUR FILLED WITH ADVENTURE
(12 NIGHTS, 13 DAYS)**

This is a tour that introduces guests to the best wildlife sanctuaries in Sri Lanka as well as fascinating adventures like nature trails, forest treks and bullock cart rides, concluding with a couple of relaxing days on the beach by the Indian Ocean. This journey of discovery begins with a drive northwards along the west coast to the seldom-visited Wilpattu National Park for two nights, then south to the centre of the Cultural Triangle with an opportunity to visit another national park. There's an arranged encounter with Veddas, and a night in the old capital that is the medieval kingdom of Kandy with its Temple of the Tooth and grand Edwardian buildings. Next, a conducted tour of the Sinharaja Forest followed by a safari in the southern national park of Yala, concluding with a couple of nights in the tourist hotspot for the young-at-heart: Hikkaduwa.

WILDLIFE PARADISE (7 NIGHTS, 8 DAYS)

This tour packs in all the essentials of Sri Lanka between beaches. It's good to have the first night at a beach hotel in Negombo because it's not far from the airport. The tour begins with a visit to the Cultural Triangle, where elephants roam the wild at the nature reserves. There's culture galore the very next day with visits to the Sigiriya Lion Rock Fortress and to the ancient rock cave temple at Dambulla on the way to the medieval kingdom of Kandy with a visit to the revered Temple of the Tooth. There's a bird sanctuary in the middle of the town and another chance to see birds at the next stop, the colonial hill station of Nuwara Eliya. After trekking across Horton Plains, it's down to the nature reserve of Yala in the south, before a final night on a beach at Mirissa, famed for whale watching.

**THE WANDERER - ADVENTURE HOLIDAYS IN THE WILDERNESS
(8 NIGHTS, 9 DAYS)**

This tour is a true adventure that not even many Sri Lankans have experienced, but it will give you an insight into the rural lifestyle, an appreciation of this country's beautiful wilderness, a sighting of animals in the wild, lots of trekking and a wonderfully fulfilling holiday, getting back to nature. After the first night in a beach hotel on the west coast near the airport, the adventure begins with a drive to an inland mountain range with two nights of camping. Your naturalist guide will lead you on treks that reveal the secrets of the jungle as well as of the way of life of simple village folk living in isolation. More excitement follows with white water rafting and an overnight climb to the summit of the iconic Adam's Peak, and a safari to see wildlife. Finally, the reward you deserve with a night at a luxury beach resort.



Cultural tours to experience the rich Sri Lankan heritage

Climb upon an ancient kingdom. Aptly named the Lion Rock-Sigiriya was claimed by UNESCO as a World Heritage Site.

CLASSIC CULTURE - VISIT FAMOUS HISTORICAL SITES IN SRI LANKA (9 NIGHTS, 10 DAYS)

This comprehensive tour begins with four nights based in the centre of the island's famous Cultural Triangle, enabling you to explore the sites of the island's ancient culture and even go on safari at a leisurely pace. The appreciation of the island's diverse culture continues with a two-night stay in Kandy, the capital of the former medieval kingdom, with a cultural dance performance and a visit to the legendary Temple of the Tooth. Experience the colonial culture that thrived on tea production during a stay at the hill station of Nuwara Eliya before a chance to explore Colombo with its grand Edwardian buildings and a visit to wander the cobbled streets of the colonial fort of Galle - number 200 on UNESCO's list of world heritage sites, with its ramparts, cobbled streets and boutique shops.

ROYAL HERITAGE - DISCOVER THE RICH CULTURE & HERITAGE OF SRI LANKA (9 NIGHTS, 10 DAYS)

This tour has the distinction of enabling participants to stay in style and experience the contemporary luxury of boutique hotel accommodation. Located in impressive surroundings with service concentrating on the care and attention that enhances a holiday, these properties reflect a refined sophistication with the availability of gourmet-style food, both local and international. The tour begins with a two-night stay in the centre of the Cultural Triangle before moving on to Kandy for a further two nights with a temple visit and a cultural dance performance. The unhurried nature of the tour enables participants to relish the sights and ambience of the island. Then it's a leisurely drive through the hills for two nights in tea country before driving to the west coast to be pampered at a beach resort. The last night is spent in the ornate extravagance of a former private home in Colombo.

SRI LANKA HIGHLIGHTS - A SHORT HOLIDAY SURROUNDED BY CULTURE (4 NIGHTS, 5 DAYS)

This tour has been designed to reveal an insight to the cultural heritage of Sri Lanka in a brief, but not hurried visit. It begins with a relaxing night to recover from the flight at a hotel within a short drive of the international airport in the seaside town of Negombo. The town has plenty of restaurants and bars and is a relaxed introduction to a tourist part of Sri Lanka. In contrast, Sri Lanka's early history is reflected in the ruins that remain of Anuradhapura, a sacred city begun in 4th century BC and venerated as the capital of Buddhism in the island. Enjoy two nights at hotels located in the lush parkland of Habarana where plentiful birdlife is to be seen. Another contrast comes with the final night in the bustling city of Kandy.



Vacation in Sri Lanka's hill country

HILL COMFORT - A SCENIC TRIP TO THE MISTY HILLS (6 NIGHTS, 7 DAYS)

Enjoy two nights in the city of Kandy, formerly the seat of medieval kings and indulge in the warm and welcoming atmosphere of Sri Lanka. Visit the revered Temple of the Tooth in Kandy and tour the town. Enjoy a scenic drive to Nuwara Eliya, the hill station favoured by the British when the heat of the coast got too enervating. The bungalows, climate and ambience evoke an old fashioned England. The hotel in the tea hills is a converted tea factory. And the journey from Nanu Oya to Ella through the hills is acknowledged as one of the most beautiful train rides in the world. There are views too to be seen from the hill country village of Ella with its quaint cafés and scenic waterfalls.

CENTRAL HIGHLANDS (8 NIGHTS , 9 DAYS)

Experience the beauty of Sri Lanka's hill country with a visit to the Sacred Temple of the Tooth in the regal city of Kandy and spend the evening relaxing at the beautiful Royal Botanical Gardens. Visit Hatton by train before heading to the cool misty mountains of Nuwara Eliya where you will see first hand, the plucking and manufacturing of fine Ceylon Tea. Enjoy a gentle trek at Horton plains and the beautiful scenery at Bandarawela before visiting the 'Little Rome' of Sri Lanka, Negombo.

HILL COUNTRY HIGHLIGHTS (4 NIGHTS, 5 DAYS)

Enjoy a quick five day tour of the cool hill country of Sri Lanka. Set off from Colombo to visit the royal city of Kandy, home to the Temple of the Tooth Relic and the beautiful Royal Botanical Gardens. Visit lush green tea plantations in the mist covered mountains of Nuwara Eliya before enjoying a trek at Horton Plains, complete with a visit to Baker's Falls and World's End.



A beach holiday in Sri Lanka

Witness a very rare form of fishing. Stilt fishing takes place solely in Sri Lanka; where the fishermen balance on a bar referred to as a "petta" that is then tied on to a vertical pole and plunged deep into the sand.

NORTH & EAST EXPLORER - EXCITING HOLIDAYS AT UNEXPLORED BEACHES IN THE NORTH & EAST (8 NIGHTS, 9 DAYS)

For almost 30 years the North of Sri Lanka was unexplored by the rest of the world. The tensions also lead to the picturesque East to be avoided. With the end of the civil war and the birth of peace in the country, the North and East opens its arms out to you. Walkers Tours takes you to the unexplored North and East with a well-rounded tour of the must see places. Visit the remnants of one of Sri Lanka's ancient kingdoms before touring the North and East of the country while enjoying the coastal highlights our little island has to offer. Visit little coastal towns, religious points of interest and even go on a wild life safari. Spend your evenings on the soft sandy beaches with a drink in your hands and lose yourself amidst the sound of the waves.

TURQUOISE SEAS - EXPLORE THE BEST BEACHES IN SRI LANKA (12 NIGHTS, 13 DAYS)

This tour starts off in style with two nights in an individual luxury chalet with its own jetty on an island in a lagoon in the northwest of the country. Then from the lushness of mangroves to coconut palms that fringe the long curving beach close to Trincomalee on the opposite eastern coast. Another shallow beach can be found by the newly developed resort of Passikudah to the south and a small resort within easy reach of Arugam Bay, the surfers' paradise. It's back to the west coast with a drive along the southern shore to Galle and a nearby luxury boutique hotel set on the beach just north of the old colonial fort. At Kosgodda, guests are accommodated in a fully staffed holiday bungalow with its own pool. You can also tour Colombo before rounding off this experience of beaches and seas, with a night at a luxury beach hotel close to the airport.

SEA AND TEA (5 NIGHTS, 6 DAYS)

Brought to you in association with Walkers Tours, Ceylon Tea Trails and Cape Weligama, the sea and tea tours give you the perfect opportunity to experience the cool hills and sunny beaches of Sri Lanka in luxury. Stay at two of the most exclusive hotels in the country, sample the best of Ceylon tea and escape to secluded beaches.



Move through the breathtaking Colombo skyline at night.



Spend time roaming around historical landmarks.



A Tuk Tuk ride is the best way to move around the busy city while still being able to appreciate its people and traffic!



From Lighthouse to clock tower; visit the very first building to be both!

GLIMPSE OF COLOMBO

Spend the entire day roaming around in a Double Decker bus and make this holiday Instagram worthy!

Your tour takes you through:

- Colombo Lighthouse • The prison cell of the last king of Sri Lanka
- Lighthouse with Clock tower • Galle Face • Colombo Harbour
- York Street • Slave Island • A famous Hindu Kovil • Beira Lake
- The War Memorial • Public Library • National Museum
- Nelum Pokuna Theatre • Viharamahadevi Park • Colombo Town Hall

COLOMBO BY TUK - MORNING

Zoom through Colombo in the most popular form of transportation on the island: the tuk tuk!

Your tour takes you through:

- Sri Kalisantar Kovil • Wolvendaal Church • Pettah Market • Old Town Hall
- Central Bank Currency Museum
- The prison cell of the last king of Sri Lanka and the Galle Buck Lighthouse

COLOMBO BY TUK - EVENING

Feel that cool evening island breeze through your hair while you make a quick round through Colombo.

Your tour takes you through:

- Grand Oriental Hotel • Cargills • St. Anthony's Church Wolvendaal Church
- Pettah Market • Old Town Hall • Central Bank Currency Museum
- The prison cell of the last king of Sri Lanka and the Galle Buck Lighthouse

COLOMBO AT NIGHT

The modern and vibrant city of Colombo is full of hidden gems just waiting to be discovered. From buildings and sites heavily influenced by Dutch and English architecture to historic temples that offer tranquility and peace of mind within the hustle and bustle of the city.

Your tour takes you through:

- The National Museum • Nelum Pokuna Theatre • Viharamahadevi Park
- Colombo Town Hall • BMICH • Replica of Aukana Buddha Statue
- Diyatha Uyana • Parliament Complex • 'Ape Gama' Cultural Museum
- Arcade Independence Square

NUGA GAMA VILLAGE COOKING

Experience what it is to be truly Sri Lankan and learn the ways of the island through this once-in-a-lifetime cooking demonstration!

Your tour takes you through:

- A visit to the Cinnamon Grand Hotel's local restaurant - Nuga Gama for a cooking demonstration
- A plant tour to learn about the medicinal values of Sri Lanka's plants

COLOMBO CITY SAFARI BY TUK TUK

Hidden within the city are colonial gems and cultural sites waiting to be explored by you! A city tour with an edge, this is simply not to be missed during your stay in Colombo.

Your tour takes you through:

- Hindu Kovil • Floating market in Pettah • The good market (Open on Saturday only)
- Sadew Juice Bar for a complimentary juice
- The Dutch Hospital Precinct where you have the option of enjoying a sunset and tea experience
- Taste of Asia restaurant for complimentary hoppers • Gangarama Temple • Independence Square

COLOMBO STREET FOOD SAFARI BY TUK TUK

The Food Safari covers some of the major hotspots in Colombo. Experience some of the best local cuisine this beautiful city has to offer, a must-do during your stay in Colombo City.

Your tour takes you through:

- Hindu Kovil • Floating market in Pettah • The good market (Open on Saturday only)
- Coffee & spice market on Old Moore Street • Sadew Juice Bar for a complimentary juice
- Marine Drive for tea tasting and kottu rotti (a local favourite)
- Taste of Asia restaurant for complimentary hoppers and Hulsdorf Street for an array of street food and curd with treacle

COLOMBO NIGHT CYCLING TOUR

Pedal your way through the charming city of Colombo at dusk as you visit some of her most iconic landmarks and learn her hidden secrets!

- The Lunatic asylum • Race course • Municipal building • Victoria Park • Gangaramaya Temple
- Seema Malakaya • Slave Island • Dutch Hospital • Grand Oriental Hotel
- Old Fort Lighthouse and Clock Tower
- The prison cell of the last king of Sri Lanka and Galle Face Green



The city of Colombo twinkles at night with a skyline that carries the World Trade Centre.

COLOMBO CITY GALA SAFARI BY TUK TUK

This is an amazing combination of Colombo's best seasonal hotspots and some of our amazing local food stops. We also have complimentary drinks available! An all inclusive experience with excellent value.

Your tour takes you through:

- Hindu Kovil • Floating market in Pettah • The good market (Open on Saturday only)
 - Sadew Juice Bar for a complimentary juice
- Dutch Hospital Precinct • Taste of Asia restaurant for complimentary hoppers
 - Gangaramaya Temple
- Galle Face Green for an array of street food and Independence Square.

MURALS AT BELLANWILLA TEMPLE – MORNING TOUR

Witness history carved in stone! These murals which were painted by artist Somabandu Vidyapathy, at the age of 67, depict in different strokes the life of the Buddha and Buddhism.

Your tour :

- A guide will take you on an extensive tour of the Temple's murals which depict the life of Buddha.

MURALS AT BELLANWILLA TEMPLE – EVENING TOUR

If walking round in the hot tropical sun is not your forte, worry not - the temple and its glorious history is available in the evening. Walk through historical carvings and wall mural paintings whilst you feel the island wind keeping you cool.

Your tour :

- A guide will take you on an extensive tour of the temple's murals which depict the life of Buddha.

NATURE WALK THALANGAMA – MORNING

Explore one of Colombo's best urban wetlands with an early morning nature walk around the historical Thalangama Lake

Your tour :

- A relaxing walk around the majestic lake.
- Learn about the various endemic birds and wildlife that have made the surrounding, their home.

NATURE WALK THALANGAMA – AFTERNOON

Witness an array of birds and insects in their natural habitat in the heart of metropolitan Colombo.

Your tour :

- A relaxing walk around the majestic lake.
- Learn about the various endemic birds and wildlife that have made the surrounding, their home.

THALAWATHUGODA BIO PARK TOUR – MORNING

Walk through the most bio diversified garden in Sri Lanka. Home to a variety of species only found in South Asia.

Your tour :

- A relaxing tour of one of Colombo's most popular bio parks.
- Learn about the various endemic birds and wildlife that have made the surrounding, their home.

THALAWATHUGODA BIO PARK TOUR – AFTERNOON

The park consists of a main island and several other small islands all interconnected by a water way. The islands contains a butterfly garden, a home garden of local produce, as well other typical flora found in wetland habitats.

Your tour :

- A relaxing tour of one of Colombo's most popular bio parks.
- Learn about the various endemic birds and wildlife that have made the surrounding, their home.



Walkers Tours

Call / WhatsApp / Viber on +94773359157
Email: medicaltourism@walkerstours.com / info@ayusrilanka.lk
Website: www.ayusrilanka.lk