

# MIRIS TRAILS

## SRI LANKA AT YOUR FINGERTIPS

*Discover the flavours of Serendib!*  
**LUXURY CULINARY - CULTURAL  
TOURS OF SRI LANKA**

### *Five days of cooking - 14 days of paradise*

Experience Sri Lanka like nobody has done before... Come on a journey that will delight your senses, enrich your knowledge and leave you with an appreciation of Sri Lanka's rich culture and culinary traditions.

Some of Sri Lanka's best chefs will mentor you in the preparation of exotic meals and share their knowledge of the culture and traditions that influence Sri Lankan food. Your mentors will also lead you on expeditions to local markets to pick the

finest fresh fruit, vegetables, meat and seafood for your cooking class.

On this tour, you will have your own chauffeur-driven car to travel across this beautiful island, stay at some of the most beautiful luxury hotels, use your own cooking station to create culinary masterpieces at each venue and have plenty of free time to explore exotic Sri Lanka at your own pace, away from the tourist beat.

*Food and so much more...  
Golf, Cricket, Wildlife, Rainforests,  
Shopping, Beach, Scuba, Gems,  
Jewellery, Archeology, Spa, Surfing.*



*“More than just a taste of paradise.”*



A MIRIS PRODUCTS VENTURE

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## A BRIEF OUTLINE OF THE ITINERARY...

Five cooking classes and a leisurely tour of this beautiful tropical island will unlock culinary secrets that lie within each region. Each class is preceded by visits to local seafood and vegetable markets. Be awed by the flavours and the aroma and the variety of food that you'll learn to create and savour.

### Relax in comfort at some of the best hotels in Sri Lanka:

 • <b>NEGOMBO</b>	2 nights	<b>JETWING BEACH</b> - A chic luxury hotel on the beach, famous for seafood & romantic sunset BBQs on the beach.
 • <b>SIGIRIYA</b>	2 nights	<b>VIL UYANA</b> - A small luxury hotel with private chalets built around a lake and a typical rice paddy.
 • <b>TRINCOMALEE</b>	2 nights	<b>JUNGLE BEACH RESORT</b> - One of the finest luxury resorts on the East Coast with private chalets nestled in a Jungle setting.
• <b>HABARANA</b>	1 night	<b>CINNAMON LODGE</b> - A beautiful lakeside resort in Habarana, in the Cultural Triangle.
• <b>KANDY</b>	1 night	<b>THEVA RESIDENCY</b> - An award winning boutique hotel nestled on the slopes of the Hantana range, sample their culinary delights
 • <b>NUWARA ELIYA</b>	2 nights	<b>TEA FACTORY HOTEL</b> - A colonial era tea factory converted into a luxury hotel, perfect for exploring the hill country.
 • <b>GALLE</b>	2 nights	<b>THE LIGHTHOUSE HOTEL</b> - A luxury boutique hotel on the southern coast, designed by Asia's most famous architect.
• <b>COLOMBO</b>	1 night	<b>ONE OF THE CINNAMON HOTELS</b> - One of Colombo's high end luxury hotels and will conclude with a very special dinner on the last night

## OTHER HIGHLIGHTS INCLUDE...

- A visit to the Sigirya Rock Fortress, a UNESCO World Heritage site and 8th Wonder of the World.
- An Elephant Safari to Minneriya National Park, to witness 'The Gathering'
- Village walks guided by Naturalists and Environmentalists
- Pluck fresh Ceylon Tea in the cool hills of Sri Lanka
- Helping bring in the fishermen's catch on Sri Lanka's golden beaches.
- Shop for gems, handicrafts and branded clothing in Colombo



## CLIENT TESTIMONIALS

"My friend and I were looking for a culinary tour with a difference and we were not disappointed. Sonali's organization and attention to detail was excellent. We had the most amazing experience, each day was fabulous. We did not want to come home, and will definitely be going again with Sonali. Sri Lanka is an unspoiled destination and so welcoming to travelers. We have been cooking constantly since our return." ~ **Fiona**

"Wow, what a trip. This would have to be one of the best trips I have ever had. Sri Lanka is the best kept secret in the world and has so much to see and do, so much more than that what I anticipated. The cooking was fantastic but we did so much more than cooking. My friend and I decided to do all of the optional activities, and even some that were not on the itinerary such as the Geoffrey Bawa retreat and gardens. Every day was a new adventure and at each destination we didn't think it could get any better, but guess what, it did. The accommodation was absolutely first class and Sonali and Vasee were wonderful hosts and could not have been kinder. Having our own car and driver was fantastic and definitely the way to go. We were thoroughly spoiled with the cooking side and well looked after so there was no need to be nervous, which I was on the first day. I would love to do another trip with Sonali and have no doubt will do so in the next couple of years." ~ **Sue**

"This trip was one of my better choices in life, the cooking not only informative but exciting!" ~ **Graeme (81 years old)**

