



Dr. Amit Chakrabarty
President - AAPI

POST- GLOBAL HEALTH SUMMIT TOUR

SRI LANKA CME TOUR

JANUARY 12-21, 2026

BOOK BY CLICKING HERE

TOUR INCLUSIONS

- ❖ Deluxe/First class comfortable hotels
- ❖ All meals Breakfast, Lunch and Dinner
- ❖ Services of local Professional English-Speaking Guide
- ❖ Private deluxe airconditioned chauffeur driven motor-coach for Transfers, sightseeing & Excursions
- ❖ Entrance tickets to the places of visit
- ❖ Comprehensive sightseeing tours
- ❖ 06 Hours CME Credits.
- ❖ Polonnaruwa - UNESCO World Heritage Site
- ❖ Sacred city of Anuradhapura - UNESCO World Heritage Site.
- ❖ Sigiriya Rock Fortress - UNESCO World Heritage Site
- ❖ Spot elephants at Minneriya National Park

- ❖ Be mesmerized by the wall paintings at Dambulla Caves - UNESCO World Heritage Site
- ❖ Traditional dance performance and Sri Lanka themed night
- ❖ Temple of the Tooth also known as Dalada Maligawa
- ❖ Enjoy the scenic train journey from Kandy to Nuwara Eliya
- ❖ Visit Tea Plantation and Factory experience





Jan 12, 2026 COLOMBO, SRI LANKA

Arrive at Colombo airport, Sri Lanka by your own flight arrangements. After clearing your immigration / custom formalities, you will be welcomed at the arrival lounge by your local English-speaking guide. Later, transfer to your hotel. Rest of the evening is free to relax or for independent activities.

Overnight in Colombo

Jan 13, 2026 COLOMBO

After breakfast, enjoy the tour of Colombo.



Visit Colombo's Pettah Floating Market located on Bastian Mawatha in Pettah selling local produce and local handicraft. Visit Arcade Independence Square, Gangaramaya (Vihara) Buddhist Temple, Old Parliament Building with its Presidential Secretariat with its British colonial architecture., Galle Face Green an Ocean side urban park along the coast line, Bandaranayake Memorial International Conference Hall before returning to your hotel.

Overnight in Colombo.

Jan 14, 2026 COLOMBO – DAMBULLA – POLONNARUWA – DAMBULLA

After breakfast, départ by your air-conditioned motor-coach for Dambulla. Arrive in the afternoon in Dambulla. Early afternoon, meet with your Local Tour Guide at the hotel lobby where you will be briefed on the journey you are about to embark upon. Thereafter, proceed to explore the ruins of Polonnaruwa. As you journey to Dambulla, catch glimpses of Coconut cultivation Fields and vast areas of Paddy Fields in the outskirts of the city, as well as natural & man made reservoirs that support the agricultural industry of the village folk. As your journey deepens into the northern part of the island you will be able to witness exotic birds, Monitor Lizards, grey Buffalos and overly friendly Monkeys.



Rising with the decline of Anuradhapura, the city of Polonnaruwa – medieval capital & crown jewel of King Parakramabahu I – remains superior proof of ancient culture & heritage blended with religious beliefs.



Walk across its scattered walls of the World Heritage Site – blessed by stupas, resting Buddha statues, irrigation canals

and fantastically carved Hindu sculptures – while observing the relic house – Watadage – which boasts of beautiful stone carvings. Take a close glance and you will realize a subtle Hindu influence on architecture and statues found in Polonnaruwa. Or sit by the side of Galviharaya and observe the absolute beauty gushing out of every bend of its huge Buddhist statues. Nissankamalla Council Chamber is however, a headspinning beauty to just sit back and observe with its swaying pillars reminding the aesthetics of a powerful kingdom which rests beside Parakrama Samudraya – sea of Parakramabahu & masterpiece of irrigation !
Return to your hotel after the tour.

Jan 15, 2026 DAMBULLA – ANURADHAPURA – DAMBULLA

After an early breakfast, journey to the sacred city of Anuradhapura. Anuradhapura is known to be the first capital and undoubtedly is the grandest city of the ancient Sri Lanka. It is the home of two World Heritage sites. Many places of historical and archaeological interest could be visited here. Sri Maha Bodhi (Sacred Bo-Tree) was brought as a sapling of the tree under which Prince Siddhartha attained enlightenment and it is over 2,200 years old and is the oldest historically documented tree in the world. At Brazen Palace (2nd century B.C), the 1600 stone columns you see are all that is left of a magnificent multi-storied residence for monks.

Jan 16, 2026 DAMBULLA – SIGIRIYA – MINNERIYA – DAMBULLA

After an early morning breakfast, enjoy climbing Sigiriya Rock and tour the Fortress and Museum. The 5th century rock citadel of King Kasyapa and World Heritage Site – Sigiriya – doesn't only boasts of ancient Sri Lankan engineering & urban planning supremacy but also acclaims to be one of the finest monuments of art & culture.



Step through the gigantic 'Lion Paws' – overlooking the symmetrical royal gardens below – to comprehend the absolute splendor that once dominated this rock fortress. Surrounded by ramparts & moats the Lion Rock – resembling the mythological 'City of Gods' – is coated by frescoes that relate to Gupta style paintings found in Ajanta caves of India. Walk in the shade of an eminent 'mirror wall' embracing the Western face of Sigiriya representing an artistic hundred meters laminated with ancient poetic writing.



Minneriya is a national park in the North Central Province of Sri Lanka. The park is a dry season feeding ground for the elephant population. Sri Lankan Leopard and Sloth bear which are rare and endangered species also inhabit this area. The park was declared as a wild life sanctuary in order to protect the watershed of Minneriya tank and the wildlife of the surrounding area. The tank is historically important for the country as it was built by King Mahasen in the 3rd century AD.

Overnight in Dambulla

Jan 17, 2026 DAMBULLA – KANDY

Today you will journey to Kandy, after having your breakfast at the hotel. En-route stop to explore the wall paintings at the Dambulla Cave Temple. As one reaches the city of Dambulla lies a hub which has been treasured by many kings since the 1st century B.C. Today, an icon in the face of Sri Lanka Dambulla Rock Temple houses some of the most unique drawings in magnificently constructed 5 cave temples flanking the golden temple of Dambulla. Observe how exquisitely cave paintings are done along walls that shelter 150 statues of Lord Buddha. As you enter the retreat look straight up to the gigantic Buddha statue glittering in gold

over a land which today houses an important junction in the country's economic and cultural uplifting.



Continue your journey to Kandy, and check in to the hotel. Kandy the popular charming hill capital of Sri Lanka is surrounded by hills, valleys, rivers, lakes and waterfalls. It is the cultural center of the island and a UNESCO heritage city. Tonight enjoy a Traditional Dance Performance arranged at the hotel, followed by a Sri Lankan themed night.



Be awed by the spectacular dance, acrobatics, costumes and music at the Kandyan cultural show. This cultural show depicts various forms of Kandyan dancing which was once native to the area but has now spread to different regions of the island. Originated from a dance performed by Indian shamans who came to the island, Kandyan dancing plays an important role in Sri Lankan culture and is a much-anticipated event during perahera processions.

Overnight in Kandy

Jan 18, 2026 KANDY – NUWARA ELIYA

After breakfast, check out from the hotel and proceed to visit the much famed Temple of the Tooth. The golden-roofed Temple of the Tooth enshrines Sri Lanka's most important

Buddhist relic – a tooth of the Buddha. During offering times, the heavily guarded room housing the tooth is open to devotees and tourists. However, you don't actually see the tooth. It's kept in a gold casket shaped like a 'dagoba' (stupa), which contains a series of six dagoba caskets of diminishing size.



Thereafter, board a local train at Kandy Train Station where your seats will be pre-reserved, and enjoy a scenic train journey through mountains, waterfalls and tea estates to the hill country – Nuwara Eliya...



Experience live music and sing some of your favorite songs, while enjoying local snacks and drinks served during your train journey.

Arrive in Nuwara Eliya is a city, in the hill country of the Central Province, Sri Lanka. The city is the most important locations for tea cultivation and well known for its cool climate being

the coolest area in Sri Lanka. Many of the buildings have still preserved features from the colonial period. Many private homes have also maintained their old English-style lawns and gardens.

Arrive and transfer to hotel.

Overnight at the hotel.

Jan 19, 2026

NUWARA ELIYA

After breakfast, tour a Tea Plantation and Factory and meet with the tea pluckers busy plucking tea amongst the tea bushes.



Visit the factory and learn the art of preparing a Ceylon tea, followed by tea tasting at the end of the session. Rest of the day free to enjoy this hill station with its Victorian charm.

Overnight in Nuwara Eliya/

Jan 20, 2026

NUWARA ELIYA – COLOMBO

After breakfast, depart by coach to Colombo. Arrive and transfer to hotel. Rest of the day is free to enjoy at the beach resort.

Overnight at the hotel

Jan 21, 2026 COLOMBO – ABROAD

Transfer to airport for flight for your onward destination (booked by you directly).

TOUR ENDS

[BOOK BY CLICKING HERE](#)

EARLY BIRD DISCOUNT: \$ 200 PER PERSON
EARLY BIRD DISCOUNT WILL BE OFFERED IF
YOU BOOK THE TOUR BEFORE AUGUST 15, 2025.

BOOKING WILL BE ACCEPTED ON FIRST COME
FIRST SERVED BASIS DUE TO LIMITED SPACE

LAND TOUR COST PER PERSON BASED ON
SHARING A DOUBLE ROOM

	LAND COST PER PERSON
ADULT	US \$ 4450
SINGLE SUPPLEMENT	US \$ 1295

FORM OF PAYMENT : Please make the check payable to POLLINA TOURS.

Please read all the terms and conditions carefully before filling in the Tour Booking form and mailing your deposits

GROUP MEALS BOOKING: POLLINA TOURS make the reservation for the Group Dinner arrangements at the hotel or local restaurants based on the hotel or restaurant's Buffet or Set dinner menu basis policy. All efforts are made to offer Vegetarian and Non-Vegetarian menu choice to the Group members. However, Pollina Tours cannot make multiple dinner menu requests based on each group members' individual request, personal taste, likes and dislikes. Due to the presence of food allergens in the processing environment and in meals and snacks served, Pollina Tours and its suppliers cannot guarantee an allergen-free meal. We encourage customers to review any health/food allergy concerns with their physicians prior to joining the tour.

NOT INCLUDED IN LAND COST: Visa fee, any airfare, meals not mentioned above, Travel Insurance, baggage handling fee, gratuity, any beverages alcoholic or non-alcoholic, items of personal nature such as laundry, telephone, lunch, dinner, room service, any increase in airfare or government-imposed taxes, any other items not mentioned in the tour inclusion list.

FORM OF PAYMENT: Please make the check payable to Pollina Tours & Travel, Inc for USD 500 per person. The final payment is due 120 days before departure.

TRAVEL INSURANCE: Pollina Tours do not sell any travel insurance. We strongly recommend that you obtain a comprehensive Travel Insurance coverage, including but not limited to trip cancellation, delay, loss of deposit, medical expenses, personal accidents and death, loss of baggage, personal belongings. CFAR (Cancel for Any Reason) Travel Insurance Policy is one option that you must discuss with your Travel Insurance Company, as it offers a wider range of coverage if you cancel for any reason. Most Travel Insurance companies want you to buy insurance at the time of making your initial tour deposit to obtain the best coverage. Please contact and discuss all options available to you from the Travel Insurance companies of your choice before signing up on the tour.

CANCELLATION AND REFUND If the tour is cancelled by the tour participants for any reason or for any circumstances beyond the control of Pollina Tours & Travel, Inc, its agents, and its service providers, a cancellation fee will be applicable. CFAR (Cancel for Any Reason) travel insurance policy is one option that you must discuss with your Travel Insurance Company, as it offers a wider range of coverage if you cancel for any reason. We highly recommend purchasing Travel Insurance policy from the travel insurance company of your choice, covering all eventualities including, but not limited to, trip delay, trip cancellation, medical evacuation, illness, pandemic, endemic, outbreak of disease, terrorism, inclement weather, natural disaster, death of the traveler, accident etc that can protect yourself from cancellation fee as mentioned in the chart

Tour cancellation date	Cancellation Fee (Per person)
Before 180 Days of Departure	US \$ 500
Between 179 - 120 Days	25% of Tour Cost
Between 119 – 90 Days	50% of Tour Cost
Between 89 – 60 Days	75% of Tour Cost
Within 59 Days of Departure	100% of Tour

A full 100% Refund will be made to the passengers if the tour is canceled by Pollina Tours due to the default of Pollina Tours & Travel. It is mandatory for passengers to make all cancellations in writing, stating the reason for cancellation and must be received in our office. Most refunds generally take 6-8 weeks to process.

TRAVEL DOCUMENTS: It is the sole responsibility of each passenger/tourist to obtain and verify that all their travel documents, such as passport, visa, and airline tickets, vaccination requirements etc are in order and meets the guidelines to embark on the trip.

HEALTH: You must consult with your physician every important aspect of your health-related issues, including seasickness, motion sickness, vaccinations such as Yellow Fever, Hepatitis, malaria prophylaxis etc. to ensure that you are in good health to engage in overseas travel. In addition, you are expected to carry your own regular medications, which may not be available aboard. All our overseas tours may require considerable walking and driving, sometimes on uneven, dusty and bumpy road and snow conditions. You may also need to take stairs and inclines during the tour. No individual assistance to passengers requiring a wheelchair can be provided by local tour agents/guides/drivers etc. In such cases, you must bring and pay for your personal caretaker expenses on the trip. For Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the Centers for Disease Control and Prevention's hotline for international travelers at 800-CDC-INFO (800-232-4636) or via the CDC's Internet site, at www.cdc.gov/travel. For information and health guidelines about outbreaks of infectious diseases such as COVID 19 and other diseases abroad, please consult the World Health Organization's (WHO) official website. All passengers are personally responsible to ensure that they comply with overseas mandatory medical/vaccination requirements and are medically cleared by their Physicians to embark on the trip.

AIRLINE GROUP BOOKING AND SEAT ASSIGNMENTS:

POLLINA TOURS makes the booking with the Group Department of the airline, which means all the group members must travel together to and from a common gateway, as one Group. The Group tickets are lower fare tickets and carry restrictions. The tickets are nonrefundable, non-transferrable, non-re-routable, and non-endorsable. Policies governing seat assignments for groups vary greatly by airline. Most airlines currently offer preferred seating, a system which allows them to charge additional fees for more desirable seats, which may include window and aisle seats. As a result, many seats displayed on airline seat maps are set aside for clients willing to pay additional fees for them. Some seats may only be accessible at airport check-in, although sometimes passengers with frequent flyer status may have earlier access. Seat assignments preferences are not guaranteed by Pollina Tours. Airline reservation agents are often prohibited from assisting with seat requests for group reservations.

RESPONSIBILITY : Pollina Tours & Travel, Inc. and/or their agents give notice that all tickets, vouchers and the coupons issued by them and all arrangements for transportation or for conveyance/hotel accommodation, sightseeing, excursions, etc, made by them, as AGENTS of the passenger upon the express condition that they shall not be held liable for any injury, damage, loss , accident, death, delay or irregularity which may be occasioned either by reason or defect of any vehicle, or through the act or default of any person or company

engaged in conveying or housing the passengers or in connection therewith, or of any hotel proprietor or employee. Pollina Tour and/ or their agents can accept no responsibility for cancellation penalties or losses or incidental expenses due to delay or change in schedules of airline, rail, motor coach, cruise or any transportation companies etc, hotel overbooking or default, sickness, injury, death, weather, strike, political or social unrest, disease, epidemic, pandemic, terrorism, atural calamities, quarantine or any other causes beyond the control of Pollina Tours & Travel, its agents and suppliers of services. All such losses or incidental expenses will have to be borne by the passengers. Baggage is at the owner's risk throughout the tour. Obtaining a suitable travel insurance policy to cover the medical and non-medical eventualities from any Travel Insurance company of your choice is solely the responsibility of each passenger/tourist booked on our tour.

[PLEASE CLICK HERE TO BOOK THE TOUR](#)

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INC. TODAY TO BOOK YOUR CRUISE SPACE:**

**POLLINA TOURS AND TRAVEL, INC.**

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