

Panama Village is situated 13 kilo meters from Arugam Bay. The quiet environs of the village beckon the traveler to pursue further in to the village. One could see the eco-friendly home gardens with fresh vegetables grown, using natural and chemical-free fertilizers and pesticides.

This excursion is ideal for those who want to see birds & crocodiles, community sightseeing & visit a monastery, religious sites of the two ethnic groups of Sri Lanka.

Lunch will be with the local community-where you can discover the different but simple lifestyle of the villagers.

Okanda, is a Hindu shrine situated close to the Kumana National Park entrance, to which thousands of devotees flock every year (July/August) for the "Pada Yathra"- a spiritual journey to pay homage to God Skanda in Kataragama. Observe the colorful sculptures depicting the Gods. Enjoy the scenery from the nearby rocks and the Okanda beach.

The Kudumbigala Rock monastery is an ancient Buddhist meditation centre located inside a shrub forest that has a number of caves. You will be amazed to observe pin drop silence atop the rock. You would want to spend a little time there for sheer peace and silence.

On the way back you will get to see what is called the crocodile tank. You will also spot rare species of birds in this area including "Flying foxes" .

A Sri Lankan village lunch will be arranged with rice and vegetables at a village home garden. You will experience typical Sri Lankan hospitality of the village community

Please turn overleaf for excursion itinerary....



Guidelines for travelers

- When visiting Buddhist temples or any other place of worship, ensure that you are appropriately dressed. Wear tops with sleeves and pants.
- Footwear and hats should be removed when entering places of worship.
- For bathing in open places:
Women: A t-shirt and a pair of shorts.
Men : A pair of shorts.
- Women should always wear $\frac{3}{4}$ trekking trousers and t-shirts with sleeves (not reveal the shoulders).
- Trekking shoes are recommended. High heeled shoes are not advisable.
- Smoking is not well accepted among village people, especially women- smokers.
- It is advised to avoid smoking in public areas of the village.

Duration	– 4 - 5 hours
Excursion Type	– Bird Watching, Community sightseeing & Visits to Magul Maha Vihara and lunch with local community
8:00 am	Leave hotel after an early breakfast / or packed breakfast for Lahugala Excursion.
8:30 am	Reach Lahugala village and you will be welcomed by the Community guides at the Lahugala Temple. Then proceed with the community guides to visit a village home garden and have tea with local snacks.
9.30 am	Visit the Magul Maha Vihara, ancient temple in Lahugala. This temple is famous for two reasons. One being the location for the Royal wedding of King Kavantissa and Princess Devi . The other reason is it possess a unique “Moon Stone” with a carving of men in it. At the entrance to the temple there is a small archeological museum with lot of artifacts excavated from the site, though not organized properly museum is worth exploring.
11.00 am	Walk along the village paddy fields with the guides and observe birds and also the village life. You will end your walk at a village house where lunch is prepared for you.
12.00 noon	Enjoy the traditional lunch of Rice & curry prepared by a village farmer family.
12.30 – 1pm	After lunch proceed to Arugambay.

