

Ecowave Excursions

Pottuvil lagoon is a place you must visit during your stay in Arugam Bay. This large lagoon serves as the main source of income to many fishermen in the area. Seafood lovers! The succulent prawns you eat in Arugam Bay are from the Pottuvil lagoon! The Lagoon is rich with mangrove vegetation and it serves as a nesting and feeding ground for a large number of birds.

A canoe ride in the lagoon during the early hours of the morning or in the evening will be an unforgettable experience. Within close proximity to Pottuvil lagoon is the **Muhudu Maha Vihara**, which is an old Buddhist temple with mosaic of ruins.

Lahugala village-; while travelling by road through the Lahugala village, one is bound to spot wild elephants roaming throughout the day, taking a stroll from the nearby National Park. But there's more to Lahugala than elephants. Lahugala is a village of traditional farmers who earn a living from cattle rearing and vegetable and paddy cultivation.

The village temple "**Magul Maha Vihara**" built during 453-474 AD, is a place that records an event of the country's rich history and has the distinction of having the rare half moon stone with figures that depict elephants-identified as one of a kind, in Sri Lanka.

Urani Village is an agricultural village with farmers dedicated to agriculture. You can visit the integrated home gardens of the farmers where you can see the cattle sheds, composting and organic home gardens with a rich & healthy harvest. Your lunch will be prepared in this village so that you could enjoy home cooked traditional rice and curry lunch made with co-friendly vegetables.

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.

6.30 am	Departure from Arugam Bay
7.00 am	Arrive in Potuvil lagoon - Lagoon safari
9.30 am	End of the safari - Proceed to Lahugala village and Magul Maha Vihara - Refreshments in Lahugala village
11.30 am	Proceed to Urani - Visit a village home garden - Lunch at a village farmer's house
01.15 pm	Leave Urani Village
01.45 pm	Arrive in Arugambay

