

Heeloya, a quiet, scenic village is an hour's drive from the busy World Heritage City of Kandy; the hill capital of Sri Lanka and the home of the sacred tooth relic of the Lord Buddha, revered by Buddhists.

Kandy and its environs are renowned for its rich, cultural and natural attractions, considered a treasure trove by enthusiastic travellers.

With a breathtaking scenic backdrop, of terraced paddy fields, organic home gardens with composting units and community farms, Heeloya also has a diversity of plants that is a natural herbarium for nature lovers. The Kandyan home gardens make an exceptional habitat for the avifauna in Heeloya.

A beautiful waterfall, a waterslide, a number of bathing spots and natural pools of the Heeloya river, beautiful mountain-top viewpoints are just a few of the many other attractions on the tracks of Heeloya.

A wide variety of bird species can be sighted. In higher elevations, Upper Heeloya covers grasslands and Barking Deer that inhabit the area and can be heard almost every night.

If one decides to set out into the forest areas, wild boar can be sighted and will encounter caves entrenched with folklore of centuries past.

The smiling, hospitable, people- friendly and eco-friendly villages of Heeloya carry forward centuries old traditions of an unblemished culture, older than most of the trees in the region that have enticed many a visitor. The visitors are given a warm welcome and the opportunity to experience traditional Sri Lankan cuisine in its original form.

This excursion is thus one of a kind to explore and unravel the beauty of nature at its best. Well trained community guides in the village will ensure that the visitors will be looked after well during their visit.

Dunhinna, a village in close proximity to Heeloya village is a paradise of spices. You could see many spices such as Pepper, Cloves, Nutmeg, Vanilla, Cardamom, Ginger, Coffee, Cinnamon and many other species of fruits. That's not all you would also see Sri Lanka's famous tea plantations (Ceylon Tea) in this village.

You can see all of the mentioned above when you visit one of the village home gardens. Have a cup of Sri Lankan tea with traditional sweet Juggery – locally known as ("kithul Hakuru") made from the Kithul Palm (*Caryota urens*). You could find out from the villagers how they cultivate, harvest and process the spices. You can visit the Community Spice Processing Unit in the village which is a project supported by ICEI/OVERSEAS.

Ecowave Excursions

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.

7.00 am	Departure from Kandy
8.30 am	Arrival in Heeloya village Welcome by the village community Refreshments
9.00 am	Visit the village Temple
9.45 am	Proceed with the village tour <ul style="list-style-type: none">- Visit a farmer's home garden and explore the local vegetables and fruits. Don't miss to have a look at the "chilli" plants, a common component in Sri Lankan cuisine.- Walk through the paddy fields- Proceed to the waterfall (optional bathing in the stream)
12.00 noon	Proceed back to a farmer's house for traditional lunch (Rice & Curry) made with village grown organic rice and vegetables
01.30 pm	Proceed to Dunhinna village
02.30 pm	Arrival in the Dunhinna village Welcome by the village community
02.45 pm	Visit a Spice Home Garden <ul style="list-style-type: none">- See the spices in its natural habitat and how Sri Lankans grow and process the spices- Observe local varieties of fruits available and if the fruits are ripe, the villagers will offer you some.- Visit a village farmer's tea garden- Have a cup of tea with 'Kithul Hakuru' with the villagers
3.45 pm	Visit the community Spice Processing Unit in the village <ul style="list-style-type: none">- See how the spices are processing and buy some spices to gift your friends
04.15 pm	Departure from the village and proceed to Kandy
05.45 pm	Arrive in Kandy.

