

Frequently Asked Questions — GLS Retreat

Where is the Retreat being held?

At Paramitha International Buddhist Meditation Center
7, Kadugannawa, Kandy, Sri Lanka (7 Kandy Road, Kadugannawa)

How do you get there?

Bus from Katunayaka. Katunayake is a suburb of Negombo city and the site of Bandaranaike International Airport (Colombo Airport)

Train from Colombo Fort Railway Station. Please pre book via this address:
www.visitsrilankatours.co.uk/train-tickets

Taxi from the airport:

Costs approximately SL R7,500 for a **Car** with 4-5 passengers
Van between SL R8,000 - 10,000

If you'd like to book a taxi or van we recommend Mahaveli Tours: +94 76394 7774

Where to stay in Colombo?

If you need to stay in Colombo, check out Om Shambala (shambhala.lk/accommodation). Booking.com also has many places to suit different budgets

How long is the travel from the airport to Paramitha International Retreat Centre?

3-4 hour journey by car

Pilgrimage

If you are joining the Pilgrimage, please stay over night in Kandy as the tour starts early on the 19th August and it would be costly if you missed the first bus

—Please note that moderate climbing is required in a number of locations—

What are some good hotels in Kandy?

Hotel Suisse — 30, Sangaraja Mawatha, Kandy 20000
Phone: +94 812 233 024

Hotel Casamara — Kotugodelia Vidiya, E L Senanayake Veediya, Kandy 20000
Phone: +94 812 224 688

Madugalle – Friendly Family Guest House
291 DS Senanayake Veediya, Kandy 20000
Phone: +94 71 857 0907

