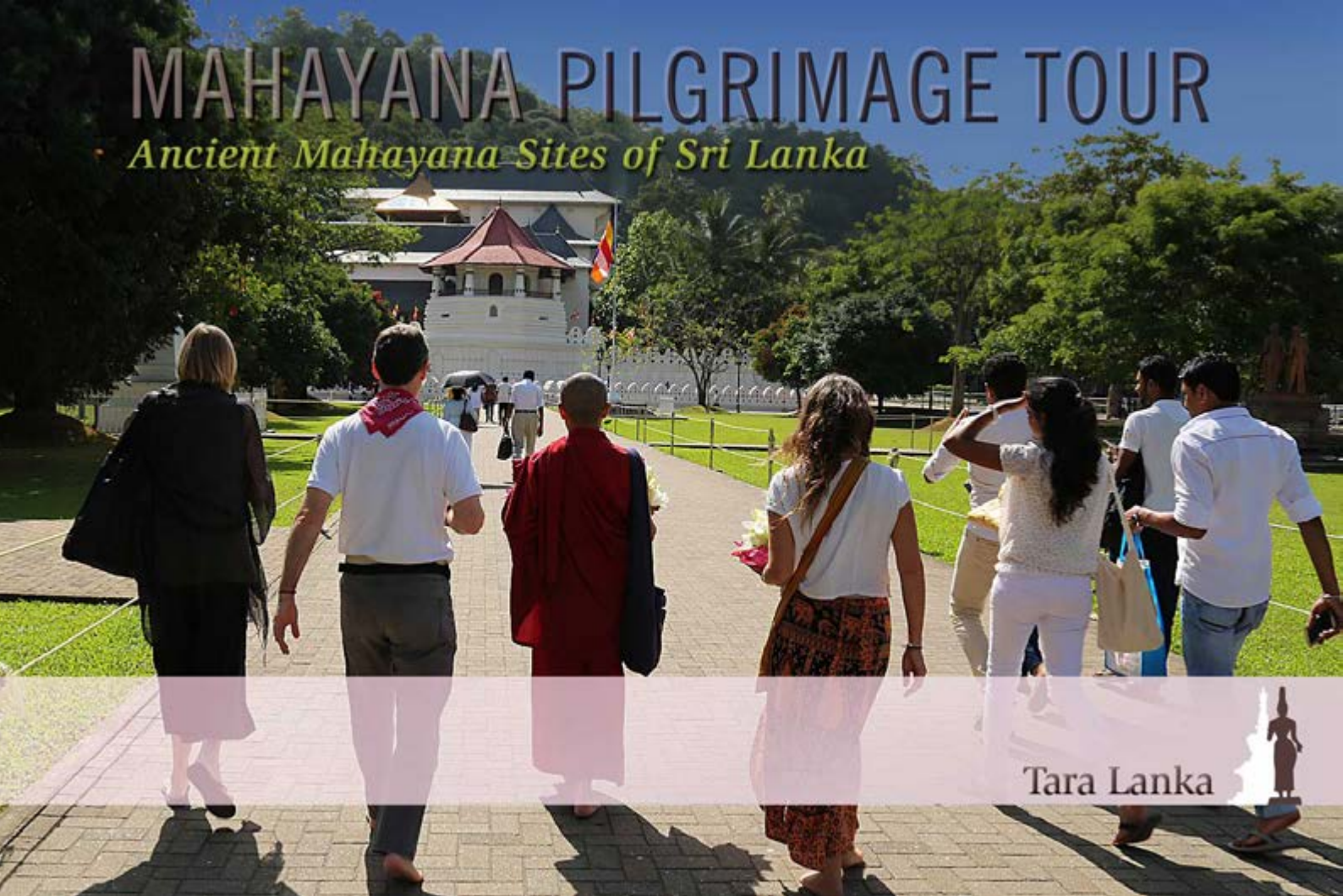


# MAHAYANA PILGRIMAGE TOUR

*Ancient Mahayana Sites of Sri Lanka*



Tara Lanka

**Tara Lanka offers this Guided Pilgrimage in partnership with an experienced Sri Lankan Tour Operator.**

## **Visit Key Sacred Mahayana Sites in Ancient Sri Lanka**

Sri Lanka is proudly synonymous with the Theravadin tradition of Buddhism.

So it may be surprising to learn that Sri Lanka also has a rich history of supporting sangha who followed the Bodhisattva path.

Ancient Mahayana treasures still exist in Sri Lanka — giant rock sculptures, towering stupas, statues, carvings and the remnants of extensive monasteries and other stunning sacred buildings rarely seen in our lifetime.

**SEE BOOKING DETAILS ON LAST PAGE**

### **Highlights of The Pilgrimage Tour**

**Anuradhapura World Heritage site with Buddhist structures dating back to the 3<sup>rd</sup> century and archeological roots reaching back to the 10th century BCE**

**Sigiriya, the massive Lion Rock Fortress almost 200 metres high was a Buddhist monastery until the 14<sup>th</sup> century**

**Kandy, the Tooth Relic of The Buddha Shakyamuni**

**Buduruwagala, 7 Mahayana relief statues (9th - 10th century) carved in rock face; central Buddha is 51 feet high**



## > DAY 01 -19TH AUGUST 2019

Commence from Paramitha center near Kandy. (A packed picnic breakfast will be provided). Bus transfer to Dambulla & visit the Golden Cave temple, one of the largest and best preserved cave temple complexes in Sri Lanka. We will do practice and meditation here - a wonderful and auspicious beginning to our pilgrimage.

After lunch, we will go to Anuradhapura and check into our hotel. Anuradhapura is a World Heritage site and the ancient centre for Buddhism dating back to around 200 BCE. In the afternoon we will visit the Sri Maha Bodhi (said to be the southern branch from the historical Maha Bodhi at Bodhgaya, India, under which Buddha Shakyamuni attained Enlightenment) and Ruwanvalisaya stupa, dating back to 250 BCE.

As recommended by Lama Zopa Rinpoche, we will conduct prayers and practices under the Bodhi tree

Overnight stay at The Palm Garden Village.





## > DAY 02 – 20TH AUGUST 2019

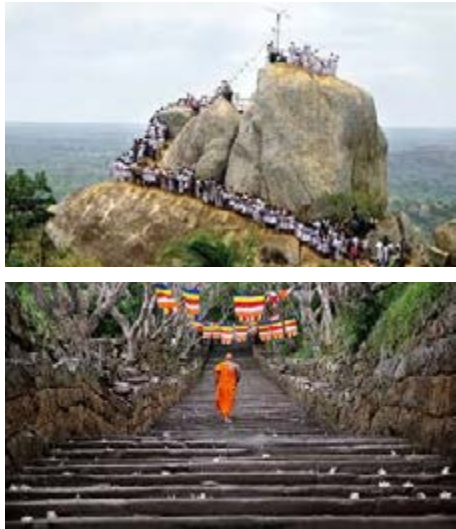
After breakfast spend most of the day at the site, starting at Abayagiri stupa & vihara. We will conduct a puja in front of the 75 meters high stupa at Abayagiriya where 5000 monks lived and practiced Mahayana Buddhism. Archeologists have uncovered evidence of thriving monasteries that were once supported by a vast surrounding community; a landscape that marvels visitors today.

We learn from the Chinese monk, Fa-hsein —when he visited in the 4th century— that the much revered Buddha's tooth relic was once based here.

Jethavana temple marks where, in May 2016 a Tara mantra written in old Sinhala was unearthed. Before that, 10 golden plates inscribed in Sanskrit with the Mahayana Prajnaparamita sutra were found at the stupa and are now on display at the National Museum.

Late afternoon visit to Mihinthale, said to be the site of the meeting between Asoka's son, Mahinda and ruling king of the time, a meeting which inaugurated Buddhism in Sri Lanka,

Overnight stay at The Palm Garden Village.





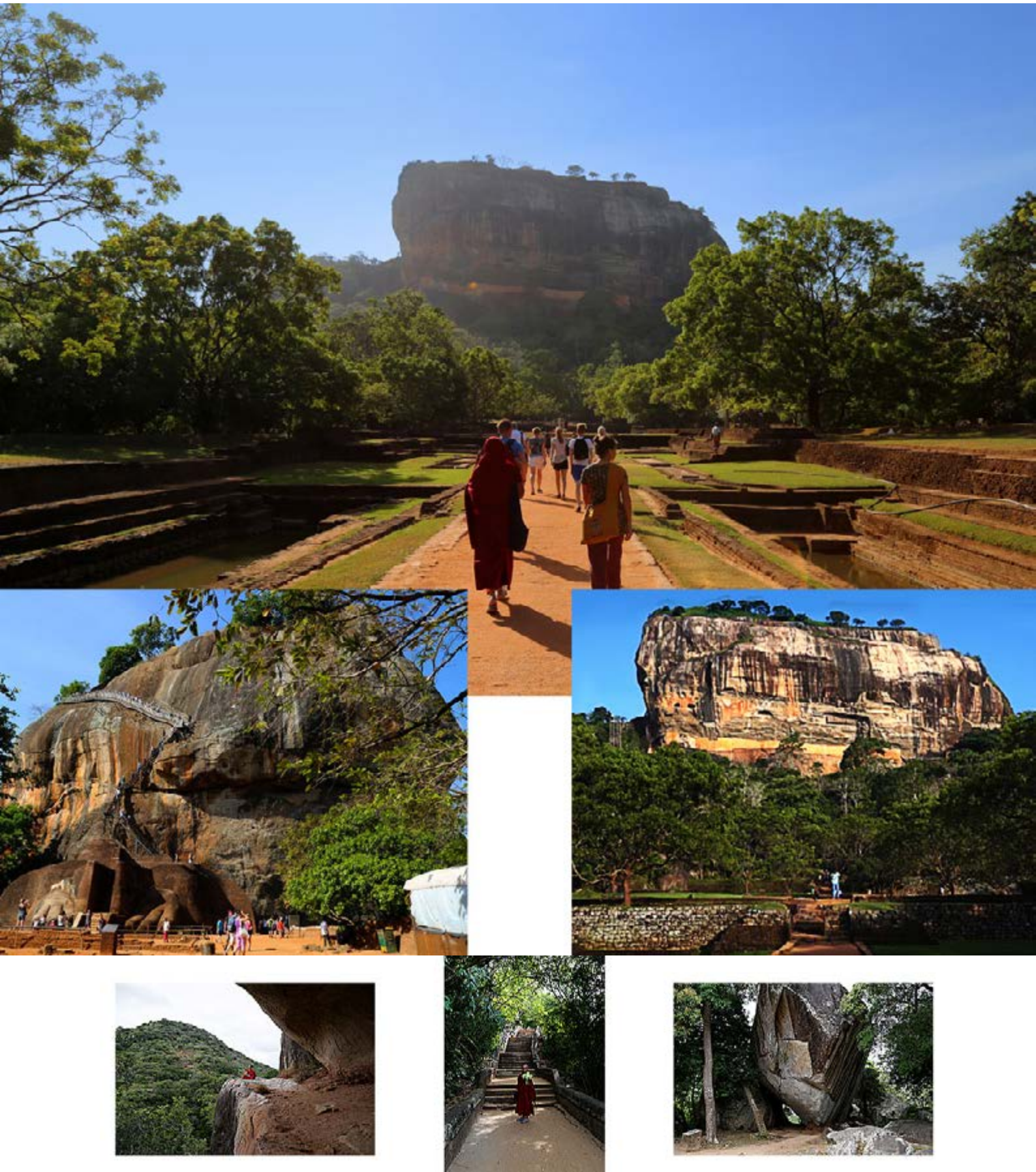
## > DAY 03 -21ST AUGUST 2019

After an early breakfast, we depart by bus to Sigiriya, a World Heritage Site. Sigiriya, a massive rock in the green scrub jungle, is perhaps the most memorable place for visitors to Sri Lanka.

On the very top of this 200 metre high rock, we can see the remains of a well-planned monastic complex. It included temples in caves, bathing pools, lovely ponds and Asia's oldest surviving landscaped gardens. Today Sigiriya is famous for its frescoes painted in the pocket of the rock.

The "Lion stairway", the "mirror wall" and the "water gardens" are its other highlights.

Overnight stay at Hotel Elephas.





## > DAY 04 -22ND AUGUST 2019

Early Breakfast. Then travel by bus to the ancient site of Polonnaruwa and spend time at the rock temple and stupas and do practice, prayers and meditations.

OPTIONAL afternoon (at additional costs)

Minneriya/Kaudulla National Park to see wild elephants.

Go by bus back to Sigiriya

Overnight stay at Hotel Elephas





## > DAY 05 -23RD AUGUST 2019

After breakfast we will travel by bus to Mahianganaya, where Shakyamuni Buddha visited. Do practices, prayers and meditations here. Then to Buduruwagala, a Mahayana complex. Do practice here. Overnight stay in Udawalawa at The Grand Udawalawa.

It includes a gigantic statue of the Buddha alongside statues of Avalokiteshvara, Tara, Maitreya, and Vajrapani. The Vajra in the hand of Vajrapani gives us a clue to the Tantric practices that were once practised on the island.

This is a wonderfully isolated place to do prayers or to just sit and meditate.

We will do practice here. Overnight stay in Udawalawa at The Grand Udawalawa.





## > DAY 06 – 24TH AUGUST 2019

After breakfast, we will visit the elephant transit home, then go to Kushtarajagala, to see the Chenrezig statue.

We will do prayers, practices and meditations here. Entrance to be payed directly.

Overnight stay in a beach hotel on the west coast.



## > DAY 07 –25TH AUGUST 2019

After breakfast, we will go on a Galle city tour and then transfer to Colombo. We will have lunch in a local restaurant. And spend the afternoon at the National Museum Colombo.

There is an option to stay in Colombo, at your own expense, if you have a flight out of Colombo the next day. PLEASE NOTE: this overnight accommodation in Colombo is not part of the pilgrimage package.



Ven Birgit Schweiberer will conduct specific prayers, practices and meditations at all the locations.

## > PACKAGE DETAILS

### Price includes the following:

- # Accommodation in the mentioned hotels. Twin share only. Single rooms are extra
- # From Day 1 Breakfast - Day 7 Lunch
- # All transport in a luxury bus with an English-speaking facilitator
- # Unlimited water while travelling
- # Entrance ticket for:
  - + Dambulla Cave Temple
  - + Sri Mahabodhi, Ruwanvalisaya, Isurumuniya
  - + Anuradhapura World Heritage Site, Mihinthale
  - + Sigiriya World Heritage Site
  - + Polonnaruwa World Heritage Site
  - + Buduruwagala
  - + Elephant Transit -Udawalawa
  - + National Museum Colombo

### Not Included:

- # All the optional activities (Minneriya Elephant Safari) and related entrance fees
- # Tips for services. (Recommended US\$5 from a person per day for tipping)
- # International flights

Total package: US\$ 1110 Per Person  
Based on a minimum group of 15  
(Costing will be changed as per the pax count)



To make your booking, please contact Venerable Lekdron at [info@taralanka.org](mailto:info@taralanka.org) or +94 (77) 0825126