



# KANDY TRAVEL GUIDE



BY WAYS OF THE WORLD

## Quick Facts:

- Kandy is Sri Lanka's 2nd largest city (population: +150,000).
- The city is located in Central Sri Lanka, 75 miles east of Colombo.
- Kandy is one of the country's holiest places. The famous Temple of the Tooth is a Buddhist pilgrimage destination.
- Kandy is easily reached by train, bus or private transfer from most of Sri Lanka's popular tourist areas.
- December - April are the most popular months to visit because of the cooler temperatures & sunny days.



Cheers to Kandy!  
We hope you have a great time!  
Aimara & Gordon

Reach out via Instagram if you have questions!  
[@waysoftheworld\\_](https://www.instagram.com/waysoftheworld_)

## Best Things To Do In Kandy

(all underlined text is linked to Google Maps or to the activity)

### Sacred City of Kandy

- **What:** ancient Buddhist site formerly home to kings. Contains the Temple of the Tooth. Buddha's tooth is there, making it a Buddhist pilgrimage site.
- **When:** busiest at 5:30 am, 9:30 am & 6:30 pm.
- **How much:** 2,000 Sri Lankan Rupees (\$6.30 US).
- **Tip:** it can get extremely busy when Buddha's tooth is presented. Also, there a lot of touts selling tours that you don't need (but they'll say you do).

### Ayurvedic Spa Treatment

- **What:** Sri Lankan oil massage focused on releasing tension in the body & mind.
- **When:** book ahead: [info@greenchayaspa.com](mailto:info@greenchayaspa.com) or Whatsapp (+94) 771165405.
- **How much:** varies by treatment. 80 minute full-body = \$22 + tip. Includes free transport to and from.
- **Tip:** do the Shirodhara treatment. Most zen experience! They pour hot oil on your head Chakra!

### Kandy Municipal Central Market

- **What:** bustling & friendly local market with everything from clothes, to spices & fresh foods.
- **When:** 6 am - 9 pm.
- **How much:** free to visit, but be ready to bargain if you're shopping!
- **Tip:** ask around for reputable spice sellers.

### Stroll Around Kandy Lake

- **What:** beautiful lake in the center of Kandy with a walking path that goes around the Sacred City.
- **When:** always open for pedestrians. Cooler and quieter in the mornings and evenings.
- **How much:** free!
- **Tip:** you can also go for a boat ride if you want!



### Where to Eat / Drink

- **Mandiya:** delicious food at a tiny family-run spot.
- **Cafe 1886:** trusty & relaxed spot in the center of town.
- **Vito Wood Fired Pizza:** for when you want to switch it up from the curries 😊
- **Hideout Lounge:** cool lakeside spot with Western food and drinks!



### Where to Stay

- **SkyDeck Kandy:** peaceful ✓ Affordable ✓ Great breakfast ✓ The most perfect views ✓
- **Viyana Boutique Hotel:** gorgeous mid-range boutique hotel located by the lake.
- **The Elephant Stables:** luxurious spot slightly outside of the town center.



### Other Popular Things To Do

- **Take a day trip to Sigiriya!** This ancient rock fortress is one of Sri Lanka's most iconic sights.
- **Visit the Big Buddha temple** on the outskirts of Kandy. The 88 foot statue can be seen from all around town.
- Climb the terrifying steps up to **Ambuluwawa Tower**. About 50 minutes outside of town.
- **Take a cooking class** and learn some Sri Lankan recipes! And then you get to eat it 😊
- **Hop on the iconic Kandy to Ella train** on your way out of town.

## General Tips

- Dress appropriately at Buddhist Temples. Don't reveal legs or shoulders & no shoes allowed inside!
- The center of town is slightly hectic but the distances are very walkable.
- Many tuktuk drivers offer tours of Kandy, and their rates are very reasonable. Consider supporting a local and have them show you around for a few hours.
- Uber and Uber Eats are available & Uber Tuktuk also exists. Be prepared to pay cash and expect the drivers to call you and try to negotiate the fee (it happened to us every time!)
- Tip may be included when eating at more touristy places. Otherwise 10% tip is common.
- Cash is king!