

Group Retreats at Rukgala Retreat Pricing and costs

September 2022 - December 2024



Pricing structure

For Group Retreats we price Rukgala with a **Fixed accommodation charge** and **variable food charge per person**.

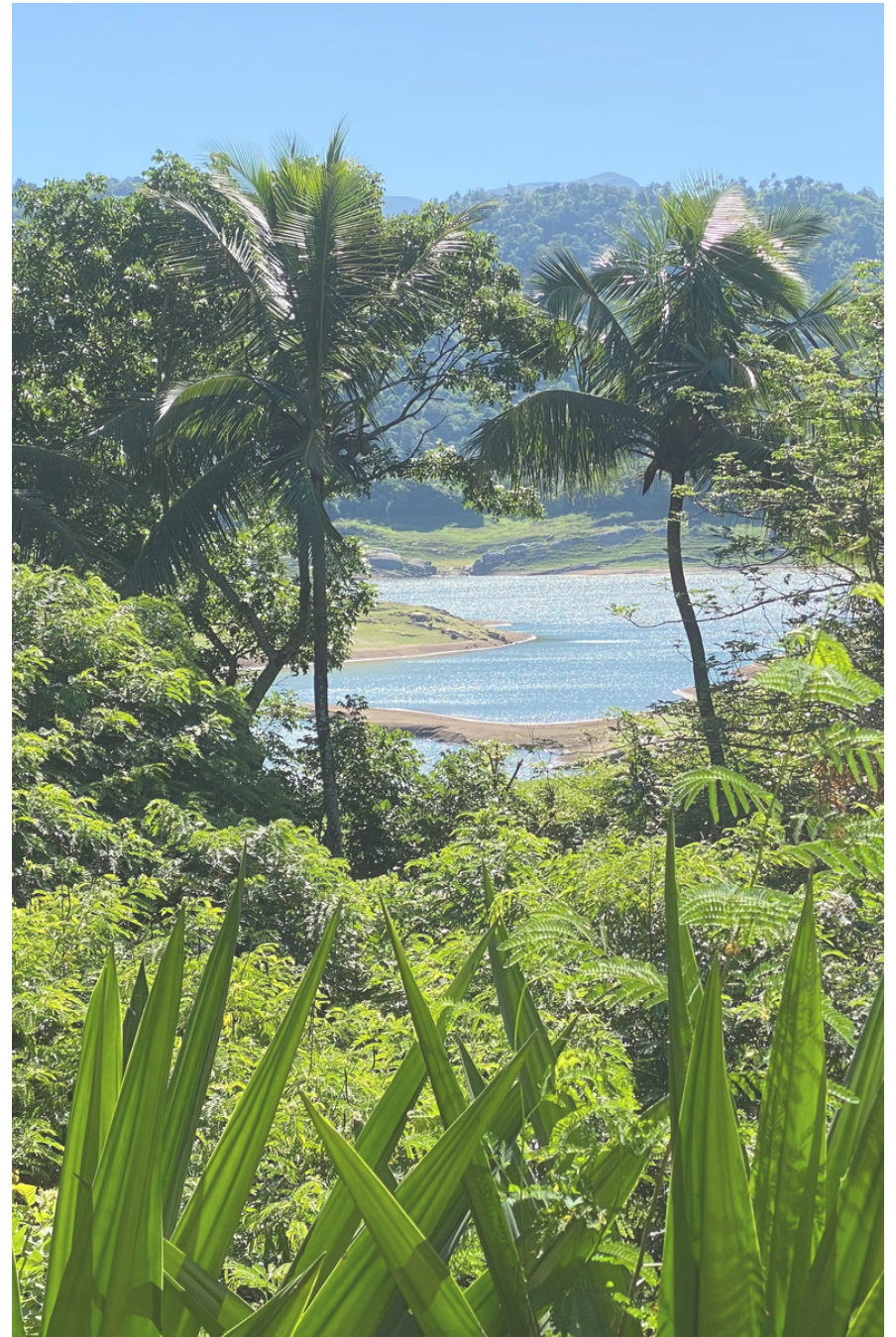
This pricing structure is available for a **minimum 2-night stay**.

All rates shown in this document are **inclusive of service charge and applicable government and local taxes**.

Rates are shown, and will be quoted, in **United States Dollars (USD)**.

For our rates card please email:

reservations@rukgalaretreat.com or WhatsApp +94 76
341 1020



Accommodation

The accommodation charge includes:

8 guest bedrooms – with a variety of room setups (see room setup below) and a total of 18 beds

An additional bedroom for use by the retreat organiser – further accommodation can be provided nearby if required, for an additional charge

A full housekeeping service – rooms cleaned each morning and turned down in the evening. Bed linen typically changed every three days unless otherwise requested.

A full on-site team, with at least two stewards on any day (more as required for numbers); an on-site property manager; an experienced chef and kitchen team



Room setup

As above, we have 8 guest bedrooms at Rukgala with a combination of bed setups.

We have one additional bedroom allocated for group leaders.

1 Double	2 Double	3 Twin	4 4-person
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The Top House

1 & 2 - Double bedrooms with four-poster double beds, ensuite bathroom with shower, balconies looking towards the lake,

3 - Twin bedroom with twin four-poster beds, ensuite bathroom with shower, balcony looking towards the lake

4 - Four person 'dormitory' room with large single beds, bathroom split with shower room and w/c, balcony and little garden looking towards the lake

Additional accommodation

If required, we can recommend nearby additional accommodation for group organisers/teachers.

5 Twin + Mezz	6 Double + Mezz	7 Double + Mezz	8 Twin + Mezz
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The Garden Cottage

6 & 7 - Double bedrooms with an extra single bed on a mezzanine level, ensuite bathroom with shower in bathtub, small verandahs looking towards the lake, air-conditioned (no ceiling fan).

5 & 8 - Twin bedrooms with an extra single bed on a mezzanine level, ensuite bathroom with shower in bathtub, larger verandahs looking towards the lake, air-conditioned (no ceiling fan).

Food

We have a carefully developed fixed retreat menu that caters well to vegan, vegetarian and flexitarian diets.

The menu can be provided on request. Some elements are of course subject to seasonal availability.

Our food offering includes:

Breakfast - A daily changing nutritious vegetarian breakfast. Our chefs will be serving up homemade nutty granola, overnight oats, seasonal fruits, freshly baked bread, homemade nut butters/spreads and local buffalo curd/coconut milk.

Followed by your choice of local farm eggs or more traditional Sri Lankan breakfasts of roti, hoppers and dhal curry.

Lunch - Eat the rainbow at lunch with a selection of raw salads, sprouted beans, homemade dips, lighter curries, roasted vegetables and seeds.

Dinner - Start your evening meal with a “digestif” elixir and a nourishing soup. We cook up traditional Sri Lankan plant-based curries and brown rice with daily changing local veggies. End your meal with an (optional) refined sugar, gluten-free, guilt-free and vegan dessert.

Also included:

- King coconuts for each student and teacher after class
- Tea and coffee throughout the day
- Herbal tea can be provided upon request



Activities

Up to two teachers/organisers can join on any of the trips described for no charge. The rates below include transport, a guide from Rukgala to join and lunch.

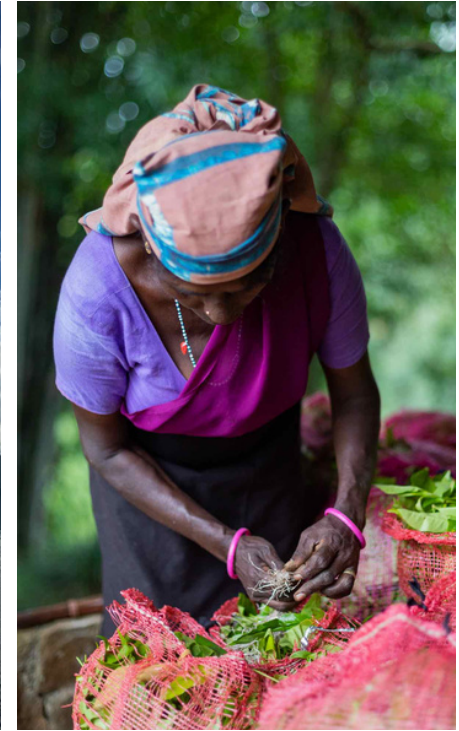
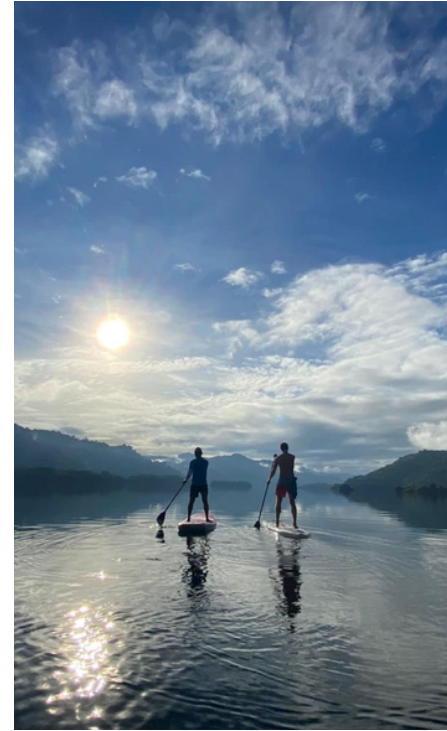
We do adjust these experiences as we uncover new concepts so please see our website for the latest options and pricing.

Day trip to tea fields and waterfalls at Ashburnham Estate

Head up into the foothills of The Knuckles and the private estate of Ashburnham – one of our sister properties – for a guided tour of the tea fields and a plunge in one of the cooling waterfalls.

Guided hike to Bambaragala cave temple and Pettigala summit

A guided group walk to Bambaragala monastery and cave temples.



Optional activities

Day hike in The Knuckles Mountains

From Rukgala we can arrange day hikes that take in the Southern section of the range – driving first through stunning country before hiking towards Meemure, Sri Lanka's most remote village, and the eye-catching mountain peak of Lakegala.

Your guests are welcome to use the paddle boards & kayaks at Rukgala.

Transport

Cars and Vans

Journey times by car or van to Rukgala from Colombo and the International Airport (north of Colombo) are approximately 3.5 and 4 hours respectively.

We can arrange either for your guests – cars for up to two guests with luggage / vans for up to 5 guests with luggage.

Prices...

Are around USD 110 for cars and vans from both the airport and Central Colombo. Please see our website for up to date pricing.

These prices are for a car or van, one way.



Trains

If already in Colombo your guests may prefer to take the train to Kandy and then a car on to Rukgala – approximately 1 hour's drive.

Rail tickets can be booked at:
seatreservation.railway.gov.lk

Booking & payment terms

Once we have sent an invoice we will hold the requested dates for 10 days.

After 10 days we require payment of the deposit to continue to hold the space.

From that point the payment terms below apply.

Deposit - USD 1,000 - 50% refundable up to 30 days after payment*

Interim payment - 25% of full total - payable 60 days before arrival - Non-refundable

Final payment - Full balance - payable 30 days before arrival - Non-refundable

*if you request a 50% refund within 30 days of payment we will also hold the balance 50% as deposit for a future retreat or as payment for a personal stay at Ruk.



Contact

We really hope to see you at Rukgala and will be happy to answer any further questions you have.

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www.rukgalaretreat.com

