

# SRI LANKA

*Still steeped in the traditions of a British Colonial past, this beautiful tropical teardrop island is one of the most scenically interesting islands in the world. Sri Lanka is a worthwhile destination for a sightseeing cultural experience with its traditional dance, rainforests, cascading waterfalls, tea plantations abundant wildlife, monuments and temples. Your faith in human kind will be restored after being among the Sri Lankan people who own so little but have so much to offer.*



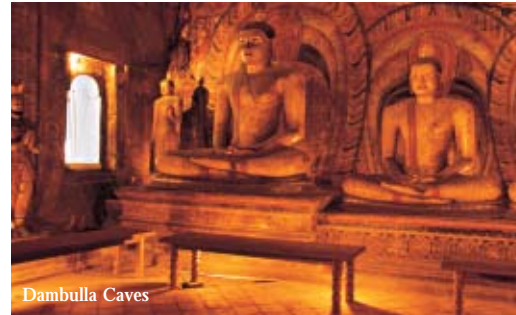
Top to Bottom:  
Typical Beach Scene,  
Local Trader,  
Colombo.

## SUGGESTED ITINERARY

- DAY 1** Scheduled international flight from London - Colombo.
- DAY 2** Arrive in Colombo. Afternoon tour of Colombo.
- DAY 3** Depart Colombo for Dambulla visiting Dambulla rock Cave Temple en-route. Afternoon Elephant Safari in the Gabarana Jungle.
- DAY 4** Full day of excursions to include Sigiriya Rock Fortress. Travel to Polonnaruwa to see the Royal Palace, the Gal Viharaya as well as monuments of famous places of worship.
- DAY 5** Full day of excursions to Anuradhapura, the home of two World Heritage sites. Sri Maha Bodhi, Ruwanweliseya (famous Dagoba), 'Samadhi' Buddha statue, Isurumuniya rock temple, Kuttam Pokuna and Thuparama Dagoba.
- DAY 6** Depart Dambulla for Kandy visiting a spice garden in Matale en-route. Afternoon visit to Peradeniya Botanical Gardens and Kandy town sightseeing tour. Evening visit to the Temple of the Tooth Relic. Thereafter witness a cultural show featuring traditional Sri Lankan dancing.
- DAY 7** Morning visit to the Pinnawala elephant Orphanage. Afternoon excursions include Gadaladeniya, Lankathilaka and Embekka Temples.
- DAY 8** Depart Kandy for Nuwara Eliya visiting a tea plantation and tea factory en-route. Afternoon sightseeing tour.
- DAY 9** Day is at leisure.
- DAY 10** Depart Nuwara Eliya back to Colombo for your scheduled flight home.

### WHAT IS INCLUDED...

- Scheduled international flights from London to Colombo return
- 8 nights hotel accommodation on half board basis.
- Excursions and entrances as per the itinerary.
- Transfers to and from Colombo airport.
- Air-conditioned coach throughout.
- English speaking guides.



Dambulla Caves

## COLOMBO

Colombo has been a flourishing seaport for many centuries and remains the commercial capital of Sri Lanka. The Moors, Portuguese, Dutch and British have left their influence resulting in a blend of eastern tradition and western sophistication, its a city where the old and new co-exist.

## PINNAWELA ELEPHANT ORPHANAGE

This unique Orphanage was launched in 1975 in a bid to save the Sri Lanka Elephants from extinction. The Orphanage has 50 - 70 elephants ranging in age from 2 months to 50 years old.

## ANURADHAPURA

Anuradhapura is the most celebrated of Sri Lanka's ancient ruined cities. The City's greatest treasures are its dagobas constructed of small sun-dried bricks which are hemispherical in shape. The most notable of these dagobas are the Ruvanveli which dates back to the 2nd Century BC.

## MIHINTALE

The Mihintale Mountain has never ceased to fascinate both local and foreign visitors. It is the cradle of Buddhism in Sri Lanka and visitors can climb one of the world's most antiquated stone stairways, climbing 1840 steps to reach the summit.

## AWKANA

The huge granite statue of the Buddha at Awkana, hewn out of solid rock in the standing posture on a lotus pedestal

is the work of an unknown sculptor during the reign of King Dhatusena in the 5th century AD. It stands 12 metres tall.

## SIGIRIYA

Sigiriya is a fascinating fortress, which was a stronghold of a fifth century king who murdered his father. The red stone rises 600 feet from the green scrub jungle it is famous for its frescoes painted within a sheltered rock.

## POLONNARUWA

Polonnaruwa – Sri Lanka's medieval capital (11th-12th century A.D) is a well-preserved metropolis of buildings and shrines. The majestic King's council chamber, the rock cut Lotus Bath, the statue of one of Polonnaruwa's great king's, Parakramabahu and the rock cut sculptures of the Gal Vihare (temple) are a few of this capital's memorable sights.

## DAMBULLA

The city is a World Heritage site and is the most impressive of Sri Lanka's cave temples. The complex of five caves with over 2000sq metres of painted walls and ceilings is the largest area of paintings found in the world. The caves contain over 150 images of the Buddha of which the largest is the colossal figures of the Buddha carved out of rock spanning 14 metres.

## KANDY

Kandy is the royal city, nestling amidst the central country hills. Kandy is the Sinhalese cultural and spiritual centre – made even more appealing by its comfortable climate. It is the home of the sacred temple in which is enshrined the Tooth Relic of Lord Buddha. Kandy is also famous for its art and crafts and ancient dance forms.

## NUWARA ELIYA

The British rulers modelled Nuwara Eliya on an English Village in the early 19th century, with homes and buildings in styles from Georgian to Queen Anne. It is 1890 meters above sea level. Cool rugged and picturesque, it is set in the heart of the tea country and produces a significant share of the world's best tea. All the tea is hand picked by traditionally colourfully dressed women.