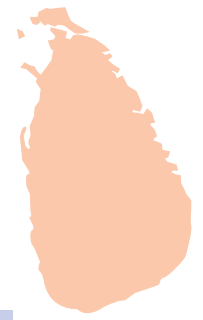




Sri Lanka

The tear drop-shaped island of undiscovered beauty



SPORT IN SRI LANKA

Sri Lanka is a brilliant sporting destination where all sports can be played year round (bar 10–15th April during the Tamil New Year). One of the most popular sports by far is cricket, and has been described in the past as a game that is part of the islands social fabric. The enthusiasm of the Sri Lankan players is abundantly evident on and off the pitch and there is never a shortage of supporters, as the whole village will normally turn out to watch a fixture. Other sports played in Sri Lanka are field hockey (2 water base astro' turf), netball, volleyball, soccer and rugby which is very strong in Colombo and Kandy regions.



Kandy

Kandy is the royal city, nestling amidst the central country hills. It 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. It also has many impressive sporting grounds and not too far away in Matale you will find a well maintained Hockey Astro Turf.



Pinnawela Elephant Orphanage

This unique Orphanage was launched in 1975 in a bid to save the Sri Lankan Elephants from extinction. It is home to about 60 elephants some of which are babies found abandoned or orphaned in the wild. You will get the opportunity to accompany the elephants to the nearby river, to help bath and touch them which really is an up close and personal experience.



i EXAMPLE ITINERARY

4 nights Colombo – 2 fixtures

Sightseeing Suggestion

Colombo sightseeing tour

4 nights Kandy – 2 fixtures

Sightseeing Suggestion

Visit the elephant orphanage in Pinnawela en route, city tour of Kandy

3 nights Bentota

Sightseeing Suggestion

Relax on the beach and visit Galapota Temple

i WHAT YOU NEED TO KNOW

British citizens do not require a visa to enter Sri Lanka if the stay is shorter than a month. Requirements are a full 10 year passport which is valid for 6 months from your return date.

Sri Lankan currency is the rupee, and we recommend that money is taken in sterling travellers cheques. American Express, visa and mastercard are widely accepted.

Sri Lanka is 6 hours ahead of GMT.

Flights to Sri Lanka from the UK take approximately 10.5 hours.

The climate is tropical, cooler in the upland areas, temperate in the coastal areas. Temperatures vary from 20 to 25°C.



Bentota

Bentota is a beach resort situated on the Indian Ocean south of Colombo. It is ideally situated for spending a couple of nights relaxing before your return journey. In addition to fine beaches and plenty of outdoor activities, you can take a boat trip along the beautiful calm river where you are likely to see water monitors and some bird species. Traditional dancing is a definite must for all tours



Colombo

Colombo has been a flourishing seaport for many centuries and remains the commercial capital of Sri Lanka. Colombo boasts the most fantastic sporting facilities and venues on the island.

