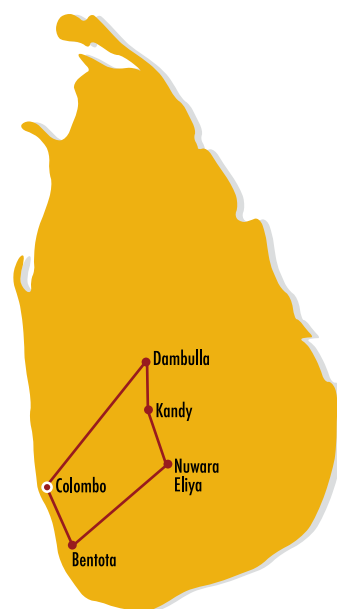


Experience Sri Lanka

Tea plantations, tropical palm-fringed beaches, a long colourful history and rich cultural heritage, elephants, exotic Buddhist temples, wildlife and friendly hospitable people are all part of the serendipity of Sri Lanka. This eight-day "voyage of discovery" is an excellent introduction to the country's wonders and delights. The tour includes the magnificent Dambula Rock Temple, Horton National Park, tea plantations at Nuwara Eliya and the beaches at Bentota.



Day 1 Arrive - Colombo to Dambulla

Arrive Colombo and drive to your hotel in Dambulla. After refreshment and rest, visit the Dambulla Rock Temple built by King Walagambahu in the 1st century B.C. Overnight at the Heritage Kandalama. (D)

Day 2 Dambulla to Kandy

Drive to Kandy, en-route visiting the magnificent 5th century Lion Rock Fortress at Sigiriya towering 200 metres above the jungle floor. Kandy was the stronghold of the Sinhala Kings, and is a Buddhist pilgrimage. Visit the Temple of the Tooth where Buddha's tooth, rescued from his funeral pyre, is kept. Overnight at the Earl's Regency. (B, D)

Day 3 Kandy to Nuwara Eliya

Morning train to Nuwara Eliya situated at 2,000m above sea level. It is surrounded by lush tea plantations and is the heart of Sri Lanka's tea industry. Once a retreat for European planters the town still reflects a strong British influence. Overnight at the Tea Factory. (B, D)

Day 4 Nuwara Eliya

Visit Horton Plains National Park. Breathtaking views complement a superb forest and grassland wildlife habitat; home to a wide variety of flora, fauna and bird-life. Overnight at the Tea Factory. (B, D)

Day 5 Nuwara Eliya to Bentota

Drive to Bentota for a beach stay. Facing the Indian Ocean, a tropical lagoon and a major river Bentota is a superb coastal resort. En-route optional white water rafting at Kithulgala. Overnight at the Taj Exotica. (B, D)

Day 6 Bentota

Day at leisure. Overnight at the Taj Exotica. (B, D)

Day 7 Bentota to Colombo

Drive to Colombo. City tour includes the bazaars, Hindu Kovils (temples), Independence (Torrington) Square and Bandaranaike Memorial Conference Hall. Later see the breathtaking sunset at Galle Face. Evening free. Overnight at the Cinnamon Grand. (B, D)

Day 8 Colombo and Departure

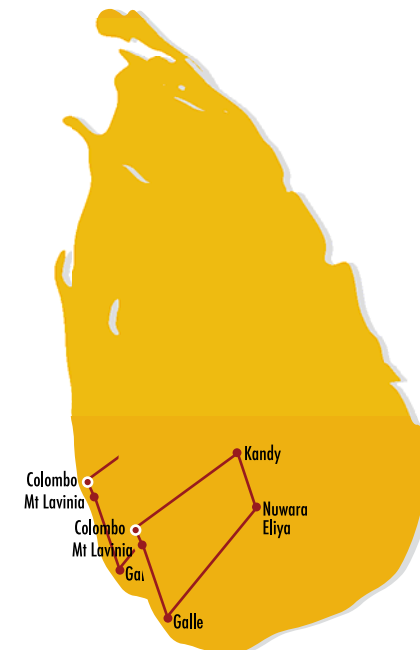
Transfer to the airport for your flight home.



Dambulla Rock Temple

Heritage Sri Lanka

Sri Lanka's heritage unfolds during this nine-day journey through the country's varied and breathtaking scenery. First, the elephant orphanage at Pinnawala warms the heart before visiting the imposing Temple of the Tooth at Kandy and Dambula Rock Temple. Then the jungle and The Lion Rock Fortress surrounded by jungle is a step back in time before reaching the beautiful tea gardens at Nuwara Eliya. Finally the World Heritage Site at Galle heralds a restful break at Mount Lavinia beach resort.



Day 1 Arrive Colombo

Arrive Colombo and transfer to your hotel. Overnight at the Galle Face or Cinnamon Grand. (D)

Day 2 Colombo to Kandy

Drive to Kandy via Pinnawala to visit the uplifting Elephant Orphanage. Proceed to Kandy, old capital of Sri Lankan kings. City tour includes the Temple of the Tooth, the Bazaar area, gem museum and a lapidary. Overnight at the Suisse. (B, D)

Day 3 Kandy

Excursion to see the Dambulla Rock Temple, with 2,000 sqm of wall and ceiling frescoes and 150 carved images of the Buddha. On to the botanical Kings Pleasure Gardens at Peradeniya – 147 acres of exotic trees, plants and flowers. Overnight at the hotel Suisse. (B, D)

Day 4 Kandy

Visit the majestic 5th century Lion Rock Fortress at Sigiriya, towering 200 metres above the jungle floor. Stone stairs rise to the summit past the renowned frescoes of the "Heavenly Maidens". Overnight at the Suisse. (B, D)



Ceremonial elephants

Day 5 Kandy to Nuwara Eliya

Drive to Nuwara Eliya, en-route visiting a tea plantation to see the production process. Continue to Nuwara Eliya in the mountainous heart of Sri Lanka's tea country. Overnight at The Grand Hotel. (B, D)

Day 6 Nuwara Eliya to Galle

Drive to Galle, once Sri Lanka's main port and known for hand-made lace. Visit Galle Fort built by the Portuguese in the 16th century. Overnight at the Closenburg. (B, D)

Day 7 Galle to Mount Lavinia

Drive to Mount Lavinia beach resort. Remainder of the day at leisure. Overnight at the Mount Lavinia. (B, D)

Day 8 Mount Lavinia

Day at leisure or optional Colombo sightseeing. City tour includes the bazaars, Hindu Kovils (temples), Independence (Torrington) Square and Bandaranaike Memorial Conference Hall. Overnight at the Mount Lavinia. (B, D)

Day 9 Colombo and Departure

Transfer to the airport for your flight home.

