

## The Sun Island Tour

### Day 1 - Arrival at Colombo Airport and transfer to Negombo

On arrival at Colombo International airport, you will be welcomed and assisted by our ground agents at the airport and transferred to the Browns Beach Hotel, Negombo. Dinner and Overnight stay.

### Day 2 to Day 3 - Negombo

Two full days at leisure at the Browns Beach Hotel, Half Board.

### Day 4 - Negombo/Dambulla/Elephant Ride/Giritale

After breakfast depart for Giritale. En route visit Dambulla Rock Cave Temple, which was donated by King Walagambahu in the 1st century A. D., The King was sheltered by a monk living in the caves during the time when this King was exiled by the Indian Armies. Climb up a huge sloping rock face that rises more than 350 feet (over 100 meters) above the village and admire the view across the plain to Sigiriya rock.

The complex of five caves with over 2000sq. meters of painted walls and the ceiling is the largest area of paintings found. These caves contain over 150 images of the Buddha of which the largest is the colossal figure of the Buddha carved out of rock spanning 14 meters. Visit an exotic Spice Garden in Matale, where you will be able to see all the plants, seeds, fruits etc., which produce the various spices, medicines, beauty and health products and a specialized guide will conduct you through the gardens explaining to you all the plants etc.

In the afternoon there will be an Elephant Ride into the jungle.

Dinner and overnight at the Royal Lotus Hotel, Giritale

### Day 5 - Giritale/Anuradhapura/Giritale

After breakfast sightseeing Anuradhapura. Excavation at Anuradhapura confirms that human settlements began here before 500 BC. It remained the capital of Sri Lanka for 1400 years until the 10th century AD while most of the western countries except for the Mediterranean countries were emerging from the last stone age. Its ruins are second to only the mighty pyramids of Egypt.

Anuradhapura boasts one of the oldest historically documented tree on earth, the sacred "Sri Maha Bodhiya" which has been worshipped by devotees for no less than twenty centuries. This was brought to the island from India by the daughter of Emperor Ashoka as a token of goodwill from the very tree under which Buddha attained enlightenment. Visit the ruins of this ancient city, which is the 1st capital of Sri Lanka, where the Sinhalese kings date back over 2,000 years. It was once the greatest monastic city of the world. Archaeologists in the 18th century felt they were discovering a lost city, and you will understand why as you gaze upon the remains of the palace, statues and pleasure gardens.

Dinner and overnight at the Royal Lotus Hotel, Giritale

**Day 6 - Giritale/Minneriya/Giritale**

Breakfast at the Royal Lotus. There will be a 4 x 4 Jeep Safari in to the Minneriya, here you will see large herds of Elephants, Reptiles, Birds and smaller animals.

Dinner and overnight at the Royal Lotus Hotel, Giritale

**Day 7 - Giritale/Sigiriya/Kandy**

After breakfast Climb the 5th century Sigiriya Rock fortress, a world heritage site, built by King Kashyapa (473-491AD), in fear of his brother after committing patricide. Sigiriya is fondly known as the eighth world wonder. The 'Lion Rock' is a citadel of unusual beauty rising 200 meters from the scrub jungle. The rock was the innermost stronghold of the 70 hectare fortified town. A moat, rampart, and extensive gardens including the renowned water gardens ring the base of the rock. Visit the world-renowned frescoes of the 'Heavenly Maidens' of Sigiriya, which are in a sheltered pocket of the rock approached by a spiral stairway. These frescoes are painted in earth pigments on plaster. The graphite written on the wall, highly polished to a mirrored surface with egg white and lime still gleams even after 1500 years. Sigiriya means lion's throat because the original stairway to the top of the rock was through the gaping jaws of a sculptured lion, which is now partly ruined. Having climbed the rock you will encounter the remains of the Palace and its environment.

Dinner and overnight at the Swiss Residence, Kandy

**Day 8 - Kandy/Sightseeing/Kandy**

Breakfast at the Swiss Residence, followed by a tour of the city of Kandy, the hill capital of Sri Lanka from 1590 for 225 years. Visit the Dalada Maligawa - the Temple of the Tooth Relic of the Lord Buddha, rescued from the cremation flames. In addition to this, a treasure trove of priceless ola leaf manuscripts and other treasures such as the miniature Buddha carved out of a single emerald and a Buddha cut out of a single block of rock crystal is preserved. Thereafter witness a cultural show featuring traditional Kandyan and Sri Lankan dance performance. Return to hotel. Dinner and Overnight stay at Swiss Residence Hotel.

**Day 9 - Kandy**

Full day of Leisure

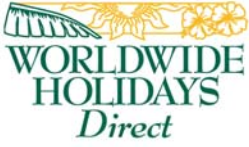
Breakfast and Dinner at the Swiss Residence

**Day 10 - Kandy/Nuwara Eliya/Pinnawela/Bentota**

After breakfast leave for Nuwara Eliya. Because of its invigorating mountain cool climate and scenery, Nuwara Eliya was a favourite retreat during the colonial days and its buildings and Gardens can be compared to a little village in England. It is Sri Lanka's most popular hill resort. Nuwara Eliya is also the heart of Sri Lanka's tea country producing a significant share of the world's best Tea. Sri Lanka's highest mountain Pidurutalagala (8282 feet) is located here.

Late afternoon visit Pinnawela Elephant Orphanage where you will see the babies being bottle fed. In the evening you will be taken to Bentota.

Dinner and overnight stay at the 3\* Lihiniya Surf Hotel.



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**Day 11-14 Bentota**

Full day of leisure

Dinner and overnight stay at the 3\* Lihiniya Surf Hotel.

**Day 15 Bentota/Airport**

Breakfast at the 3\* Lihiniya Surf Hotel.

Transfer to Airport for your flight back to the UK.