Sri Lanka
Buddha and the Temple of the Tooth

Join us on the Emerald Island of Sri Lanka for a journey into the history, culture and religion of this remarkable island. With influences from Buddhism, Hinduism and Islam, European traders and colonial powers, ancient kingdoms and, of course, cricket, Sri Lanka offers a warm welcome, dramatic scenery, and a laid back easy-going nature that means you’ll quickly feel at home. On this itinerary we take in the highlights of the central hills and mountains, before getting active with some trekking and white water rafting. To finish off we have a wildlife safari in the south and a last night on a glorious beach before our flight home.

**Recommended itinerary:**

**DAY 1: Fly to Sri Lanka**
We depart the UK on an overnight flight, probably from London, but some regional flights are available.

**DAY 2: Arrive in Sri Lanka**
We arrive at Bandaranayake International airport and are met before being transferred to Negombo. Enjoy an evening city tour followed by dinner and overnight at hotel.

**Day 03: Negombo to Sigiriya**
After breakfast, we transfer inland to the ancient city of Sigiriya; a premier eco tourism destination in Sri Lanka and a UNESCO World Heritage site. In the evening, we take the dramatic footpath to climb to the top of the rock fortress. Dinner and overnight at hotel in Sigiriya.

**DAY 04: Sigiriya to Polonnaruwa**
Visit Polonnaruwa, one of Sri Lanka’s ancient capital cities, by bike. The city itself is divided into a new and old town with the impressively preserved ruins split into five main areas in a reasonably compact layout making them very easy to explore. We have a village lunch in the local paddy fields and enjoy a village tour in the evening.

**DAY 05: To Kandy and the Temple of the Tooth Relic**
Depart Sigiriya after breakfast to journey to Kandy, Sri Lanka’s famous hill station and another UNESCO World Heritage site. En route, we visit Dambulla Rock Temple, known for its beautiful ancient cave temples and a huge modern statue of Buddha. Check in to our accommodation in Kandy and then set out on an evening tour of the city including a visit to the Sacred Temple of the Tooth Relic. It is located in the royal palace complex of the former Kingdom of Kandy. Since ancient times, the relic has played an important role in local politics because it is believed that whoever holds the relic holds the governance of the country.
DAY 06: Cooking lesson in Digana:
After an early morning breakfast, we travel to the Tamarind Gardens for a cooking session with the local staff, followed by lunch. We’ll be eating what we cook, so make sure you pay attention to the instructions! We head off on a village trail in the afternoon to experience local life before returning to our hotel later in the day.

Day 07: White water rafting:
Today we travel to Kitulgala to enjoy a thrilling adventure on the white water sections of the Kelani River. As the river widens, we pass the scenic location used for the film “Bridge over the river Kwai”, which is also a great place for a refreshing swim. The journey ends close to Kitulgala town for a local lunch. Enjoy a nature walk in the rainforest in the afternoon. Dinner and overnight stay at Kitulgala Rest House, or a late transfer to start our Adam’s peak climb.

Day 08: Climb Adams Peak:
With a packed breakfast, we start early and travel to Adams Peak to begin our morning climb. It usually takes three to four hours to reach the 2,240 metre high peak, but during the pilgrim season, which begins in December and lasts till May, the throng is sometimes so great, it can take over 30 minutes to move from one step to the other. The majority of climbers begin their ascent at night in order to arrive at the top in time for a magical sunrise when the mystical shadow of the peak is perfectly cast across the clouds. This is, however, only possible from Full Moon day of December to Full Moon Day of May. After decent, we check in to a guest house in Nallathanniya where we have lunch before visit the surrounding area.

Day 09: Nallathanniya to Udawalawa:
After breakfast, proceed to Udawalawa and check in at camp site. Udawalawe National Park is in the southern dry-zone of Sri Lanka, and spans approximately 31,000 hectares. Famed for it’s numerous resident elephants, it is not unusual to see herds gather to feed and bathe at the waterholes in the Park. We enjoy an evening safari - undoubtedly a highlight of the trip - before dinner and overnight at the camp site.

Day 10: Udawalawa to Ahangama via Galle:
On our last full day in country we travel to Galle, an ancient port (said to be the legendary Tarshish of the Bible), and the country’s first international commerce and trade centre. Today, Galle is the bustling provincial capital and administrative centre of the south. We visit Galle fort and enjoy a tour of the city before transferring to Ahangama ready for our departure tomorrow. We have one final night at a beach hotel.

Day 11: Depart Sri Lanka:
Transfer to Bandaranayake International airport for flight back to the UK.

Please note: It is important to realise that the itinerary needs to be flexible. While every effort will be made to follow the above schedule, in the event of political problems, airline schedule changes, we will do our best to make your trip as enjoyable and hassle-free as possible, but it is important to EXPECT THE UNEXPECTED and be prepared to accept some slight changes. Relax and have faith in your guides – he or she will want you to see their country in a good light.

For more information and a detailed quote, please contact us:

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