

SRI LANKA ADVENTURE TOUR

7-night Escorted Tour with optional Beach Extensions

escape
WORLDWIDE

SIGIRIYA • KANDY • NUWARA ELIYA • COLOMBO

This soft adventure tour through Sri Lanka's country and culture includes gentle walks by paddy fields and bracing hikes in high hill country, transport by elephant and by bullock cart, white water rafting, a catamaran crossing and optional train journey - an exceptional, exhilarating tour for active discovery. By staying in Sigiriya for three nights it also reduces the amount of unpacking and packing you will need to do!

DAY 1 - LONDON TO COLOMBO

Fly SriLankan Airlines direct from Heathrow to Colombo.

DAY 2 - COLOMBO TO HABARANA

On arrival transfer north to Habarana at the hub of the Cultural Triangle a delightful drive through paddy fields and rubber plantations. Arrive at the Sigiriya Hotel, Sigiriya in a Standard room, your hotel for three nights, set in a 50 acre park bordering a lake. Set in beautiful gardens, its design is based on a traditional Sri Lankan village and is an ideal base from which to explore Sri Lanka's heartland. In the afternoon experience an elephant back safari through the forests and villages of Habarana. (approx 120 miles, 3½ hours drive).

SIGIRIYA ROCK



DAY 3 - SIGIRIYA

After breakfast, visit the staggering Sigiriya Rock Fortress, to climb its 1,200 steps and see the well preserved fabulous frescoes. The views from the top makes the steep climb more than worthwhile! This afternoon, relax or perhaps head out on an optional jeep safari to Minneriya or Kaudalla National Parks.

DAY 4 - HABARANA AREA

An early start to Hiriwaduna village for a varied trek, first to the reservoir, where the trunks of long dead trees stand stark against lush wetland greenery – Egret's roosting grounds. After a picnic breakfast, cross by catamaran at Oruwa and follow a narrow trail through banana plantations to the home of a Chena farmer - for a cool drink of king coconut, and onward into a scrub forest, where a waiting bullock cart is your jungle transport. Return to the hotel for lunch. This afternoon visit the Ritigala monastery ruins, its ancient stones are steeped in legend and superbly crafted by artisans. Gigantic trees form its backdrop, 300 feet high with tropical lianas climbing and twining around the trunks.

TEMPLE OF THE TOOTH, KANDY



DAY 5 - HABARANA TO KANDY

After breakfast, enjoy a cycle ride in Habarana before leaving this afternoon for Kandy. Arrive in the hill capital Kandy for sightseeing of Kandy town and market including a visit to the much revered Temple of the Tooth relic. Overnight at the Suisse Hotel, in a Standard room. (approx. 85 miles, 2½ hours drive).

DAY 6 - KANDY TO NUWARA ELIYA

Visit the colourful Royal Botanical Gardens at Peradeniya, then you have a thrilling opportunity to take an optional train ride, from the rail station at Gampola approx 45 minutes drive outside Kandy, to Nanu Oya station and thereafter continue to Nuwara Eliya by road, 6,000 feet above sea level, for two nights at St Andrews hotel in a Standard room (approx. 65 miles, 2½ hour's drive)

For more details or to book call **020 8989 0970**
or visit us at www.escapeworldwide.co.uk

SRI LANKA ADVENTURE TOUR

7-night Escorted Tour with optional Beach Extensions

escape
WORLDWIDE

DAY 7 - HORTON PLAINS

Leave for the Horton Plains for a three hour scenic trek through Sri Lanka's highest plateau (7,200 feet above sea level) to 'World's End' and Bakers Falls. Spectacular views, a bracing climate, rare birds and butterflies are all at your fingertips.

DAY 8 - NUWARA ELIYA TO COLOMBO

Leave after breakfast stopping en route for an exhilarating 1-2 hour white water rafting excursion on the Kelani River in Kitulgala (level three). Overnight at the Mount Lavinia Hotel near Colombo in a Standard room or extend your stay on the beaches.

MOUNT LAVINIA HOTEL, COLOMBO



DAY 9 - COLOMBO TO LONDON

Fly SriLankan Airlines arriving Heathrow later that day.

NB

This tour follows a different itinerary in 2011, ask for details.

MALDIVES BEACH EXTENSION

DAY 9 Fly to Malé and transfer by seaplane (approx. 30 minutes) to the Kuramathi Island Resort in a Garden Villa for five nights or more on a Full Board basis. Other beach hotels and alternative durations are also available.

DAY 14 Transfer to Malé to connect with SriLankan Airlines flight to Heathrow, arriving the same day.

TOUR INCLUDES

- All transport in a quality airconditioned vehicle
- 1-2 hour White Water Rafting programme
- 1 hour elephant back safari
- Hire of catamarans (oruwa) and bullock carts for Hiriwaduna excursion.
- Special trekking guides for treks
- Sightseeing & entrance fees where specified
- Bicycle ride in Habarana
- Sightseeing as indicated and all entrance fees
- Return flights by scheduled airline

GUIDE

This tour is accompanied by a local driver guide plus the services of a guide lecturer for groups of 7 passengers and above. On the extension, assistance will be available from our local representatives.

MEAL PLAN

Breakfast and dinner on tour from Day 2 to Day 7; breakfast in Colombo and your Sri Lanka beach extension. NB: If you take the optional train journey on Day 6 there will not be time for a full lunch.

TRAVEL TIPS

We recommend warm clothing is taken for your stay in Nuwara Eliya. The short but exhilarating white water rafting ride on Day 8 is quite challenging, but suitable for anyone between the ages of 6 and 65. Children under 8 years are not accepted.

ACCOMMODATION

Hotels will be three and a half star and above, all with swimming pools with the exception of Nuwara Eliya

GROUP SIZE

Max group size 20. This tour is subject to minimum numbers, please ask for details.

Tour details are correct to the best of our knowledge, however, they are provided for guidance purposes only. Please check the details of any features that are important to you at the time of booking.

For more details or to book call **020 8989 0970**
or visit us at www.escapeworldwide.co.uk