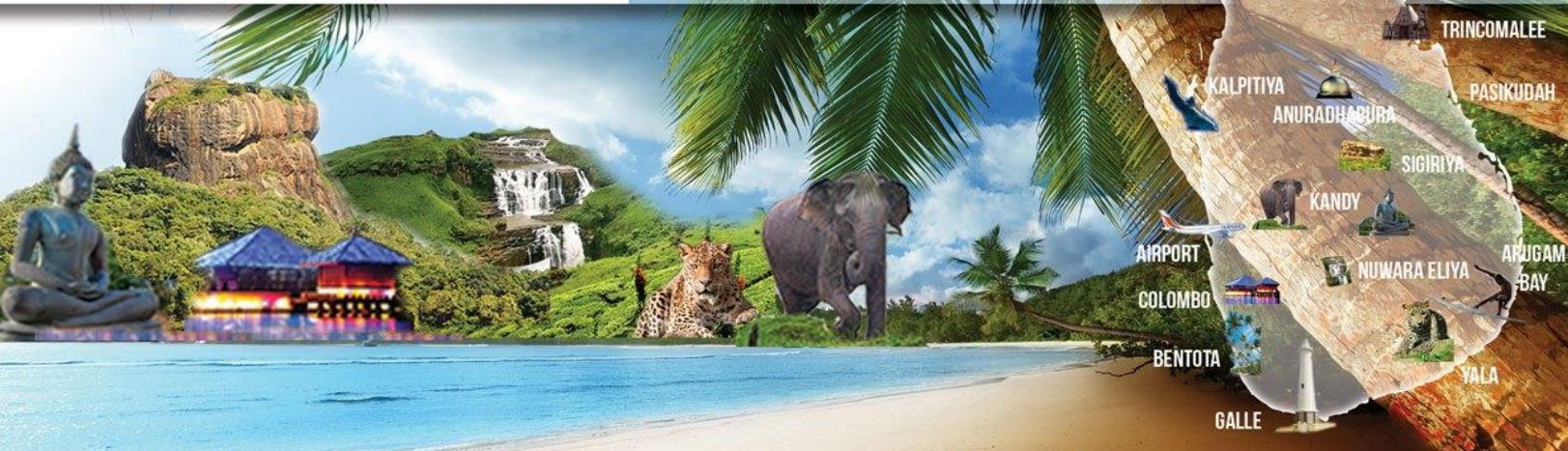




DAY 01 : Arrival and transfer to Kandy
Lunch at a Restaurant
Dinner & Overnight stay in Kandy.

DAY 02 : After Breakfast **visit the Peradeniya Botanical Gardens.** This botanical garden was first built as a pleasure garden by a Sinhala king and was expanded by the British. It is 147 acres in extent and provides an amazing variety of trees, plants and flowers.



Lunch at local restaurant.

Do a city tour of Kandy. Kandy was the last capital of the Sri Lankan kings, and is a World Heritage Site. The name Kandy conjures visions of splendour and magnificence. Many of the legends, traditions and folklore are still lovingly kept alive. Drive around the Kandy Lake built by the last Sinhala king Sri Wickrama Rajasinghe in 1798. Visit the Kandy town and Bazaar, the arts & crafts centre and a gem museum and a lapidary. In the evening **visit the Temple of the Tooth Relic** and thereafter witness a **cultural show** featuring traditional Sri Lankan dancing.



Dinner & Overnight stay in Kandy.

DAY 03 : After Breakfast proceed to Anuradhapura via Matale.
Visit a spice garden in Matale to see the different spices, which Sri Lanka is famous for. You will be introduced to different spices and shown how some of these spices are grown and processed.
Lunch at a Restaurant



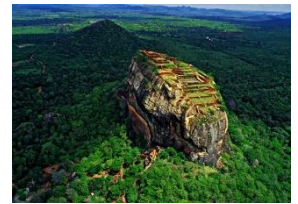
Visit Anuradhapura. It was the first capital and undoubtedly the grandest city of the ancient Sri Lanka. It is the home of two World Heritage sites. Many places of historical and archaeological interest could be visited.

Sri Maha Bodhi (Sacred Bo-Tree) was brought as a sapling of the tree under which prince Siddhartha attained to enlightenment and it is over 2,200 years old and is the oldest historically documented tree in the world. At Brazen Palace (2nd century B.C), the 1600 stone columns you see are all that is left of a magnificent multi-storied residence for monks. Ruwanwelisaya (2nd century B.C) is the most famous of all the Dagobas. It originally depicted the perfect 'bubble shape' that modern restoration has not been able to accurately reproduce. 'Samadhi' Buddha statue (4th century AD) is one of the most famous statues, depicting the Buddha in a state of 'Samadhi' or deep meditation. Isurumuniya rock temple (3rd century B.C) is well known for its rock carvings of 'The Lovers'. Kuttam Pokuna - twin ponds (6th century AD) was used by the Buddhist monks as a bathing pool. Thuparama Dagoba (3rd century B.C) is the oldest Dagoba in the island, which enshrines the right collarbone of the Buddha.



Dinner & Overnight stay in Sigiriya.

- DAY 04 : After Breakfast **visit Sigiriya and Climb the 5th century Sigiriya rock fortress (Entrance fees – US\$ 32.00 per person)** which is a world heritage site, built by King Kashyapa (477-495 AD). The 'Lion Rock' is a citadel of unusual beauty rising 200 metres 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.



Lunch at a Restaurant

Visit Polonnaruwa, which was the 2nd capital city of Sri Lanka, built in the 11th and 12th centuries AD, and which is a world heritage site. Here you can see the ruins of the Royal Palace, the Gal Viharaya - where 4 splendid statues of the Buddha in 'Upright', 'Sedentary' and 'Recumbent' postures carved out of rock, the Audience Hall, the Lotus Bath, king Parakramabahu's statue, and the Parakrama Samudraya lake built by King Parakramabahu the great. There are also monuments of famous places of worship such as the Shiva Temple, the Lankathilake, the Watadage, the Galpotha, the Kiri Vehera and the remains of a former Temple of the Tooth Relic.



Dinner & Overnight stay in Sigiriya.

- DAY 05 : After Breakfast proceed to Colombo via Dambulla. **Visit the Dambulla Rock Temple.** Climb up to the temple, which was donated by king Walagambahu in the 1st century BC to Buddhist monks. Dambulla is a World Heritage site and is the most impressive of Sri Lanka's cave temples. The complex of five caves with over 2000 sq. metres of painted walls and the ceiling is the largest area of paintings found in the world. 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 metres.



Visit the Kelaniya Raja Maha Viharaya, which was built in the 3rd century B.C. Kelaniya is one of the three places visited by the Buddha in Sri Lanka. Kelaniya is also the centre for traditional Sinhala pottery.

Lunch at a Restaurant.

Do a city tour of Colombo. Colombo like many capital cities in developing countries is fast changing its face. Almost overnight, skyscrapers arise from where old buildings once stood. Yet in some parts, the Old World charm is retained. As an example there is a 100 year old clock tower and several British built colonial buildings.

Other places of interest are the old Parliament in Fort, a Hindu and a Buddhist temple, residential areas where you find the stately homes of the affluent and the Bandaranaike Memorial International Conference Hall - BMICH, an outright gift to Sri Lanka from the People's Republic of China. **Do a shopping tour.** Visit the Ceramics Corporation Showrooms, Majestic City Shopping complex and ODEL Unlimited Dress Boutique.

Dinner a Restaurant

Overnight stay in Colombo



DAY 06 : After Breakfast, transfer to Airport for departure