

A Prismatic Archaeological Tour of Sri Lanka with Prof. Nancy Wilkie

January 25 - February 8, 2012

A CUSTOMIZED TOUR FOR THE
ALUMNI OF CARLETON COLLEGE

Sri Lanka, a spectacular island in the Indian Ocean, is one of the few islands in the world that is blessed with amazing sites of immense historical and archaeological significance. Its archaeology mainly focuses on the preservation of cultural assets. Gigantic stupas - hemispherical domes surmounted with spires, palatial structures made of stone, all bear muted testimony to the epic history of this incredible island. The history of Sri Lanka spans over a period of 2000 years. Times of wars, events of religious significance, coups and trysts with foreign elements color the odyssey of the history of "Serendib" as Sri Lanka was known then. Come and be enthralled by these wonderful archaeological sites, many of which are also UNESCO World Heritage Sites (marked by 🏛️). You would be visiting 7 of the 8 World Heritage Sites on this journey.

Route Map



CARLETON COLLEGE FACULTY LEADER

Nancy Wilkie is a distinguished archaeologist and professor who has lectured on numerous study programs throughout the world, including many to Sri Lanka. Nancy is the William H. Laird Professor of Classics, Anthropology, and the Liberal Arts, and Co-Director of the Archaeology Concentration at Carleton College in Northfield, MN, where she has been on the faculty since 1974. A graduate of Stanford University (1964), Nancy received her M.A. and Ph.D. (1975) from the University of Minnesota. She began her archaeological career in 1968 when she joined a pioneering program of survey and excavation in the region of the Palace of Nestor at Pylos in Greece. Since then Nancy has worked on archaeological projects in Greece, Egypt, and Nepal, and has authored more than 30 articles and co-edited three books on archaeology. Nancy is currently a member of the Cultural Property Advisory Committee of the U.S. Department of State. This committee advises the President on requests from foreign governments for import restrictions on their antiquities under the 1970 UNESCO Convention on the Means of Prohibiting and Preventing.



Nancy Wilkie

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Welcome to

Sri Lanka - “Lanka the Blessed”

-One of the finest islands in all the world.

Sri Lanka is an island of many names - all magically evocative of a tropical land of exotic spices, cool misty highlands, sun-soaked beaches, age-old temples and lost cities. To the ancient Greeks it was Taprobane; to the Arabs, Serendib; to later European conquerors, Ceilao, Zeylan or Ceylon; and in the Sinhalese tongue of most of its own people, Sri Lanka - “Lanka the Blessed”.

A teardrop-shaped island just off the southern tip of the Indian subcontinent, less than 50km (31 miles) away at its closest, Sri Lanka has links with the cultures of India that stretch back beyond history, but it would be a mistake to think of it as an India in miniature.

For the visitor, much of its enduring appeal stems from a near-unique combination of tropical sunshine and superb beaches with a fascinating and colorful culture epitomized by the mighty relics of ancient, vanished empires. All of this is concentrated within one tiny package, just 435km (270 miles) long and 225km (140 miles) at its widest, making it easy to experience much of the best of Sri Lanka within a relatively short time.

CLIMATE

Sri Lanka has warm climate, moderated by ocean winds and considerable moisture. Lowlands and coastal Sri Lanka have a hot and humid climate. On the hills the climate is salubrious. Both types of climates are separated by a few hours motoring. In Colombo, the commercial capital, located on the west coast, the temperature differs from 79° F to 82° F. Relative humidity is 70% during days while at nights it reaches 90%. The lowland country enjoys a tropical climate. The climate is quite cool in hilly regions. At the altitude of nearly 2,000 metres the temperature goes down to 60° F. May, June and July are the hottest months of the year.

ECONOMY

Sri Lanka's traditional economy has been agricultural with rice being the main food crop. Spices, tea, rubber and coconuts were especially encouraged by the British under the colonial system and are still an important part of the economy. Apart from these there were more exotic

products like precious stones and even elephants and peacocks which were exported. However in recent years there has been a thrust on developing new areas. One of these has been textile and garment manufacturing which has overtaken tea as an export earner.

LIVELIHOOD

People of Sri Lanka always believed in simple livelihood. Festivals coincided with the collecting of the harvest, and the important events in the Buddhist calendar. Pageantry cannot be kept apart from the cultural traditions of Sri Lanka. The most renowned event globally is the "Kandy Perehera", the religious-festive procession held in Kandy in July/August each year, in honor of the Tooth Relic of the Buddha. It is known as a festival of sight and sound. Sri Lanka is basically an agriculture based society.



National Flag of Sri Lanka



Blue Water Lilly - National Flower

~~ Sri Lanka ~~

A journey of more than a thousand years.

During the last one million years, when humans were known to have existed in various parts of India, Sri Lanka was connected to the sub-continent on numerous occasions. The rise and fall of sea level (due to cold/warm fluctuations in the global climate) determined the periodicities of these connections, the last separation having occurred at ca. 7000 BC. There is secure evidence of settlements in Sri Lanka by 130,000 years ago, probably by 300,000 BC and possibly by 500,000 BC or earlier.

ANCIENT HISTORY

Five centuries Before Christ, Sri Lanka was a land throbbing with vitality and a well-ordered civilization. Cities, palaces, reservoirs, parks, temples, monasteries, monuments and works of art bore testament to the character, imagination, culture, philosophy and faith of the people of Sri Lanka, the Resplendent Land. Vestiges of this ancient civilization are abundantly extant today.

The first major legendary reference to the island is found in the great Indian epic, the Ramayana, thought to have been written around 500 B.C. The Ramayana tells of the conquest of Lanka in 3000 B.C. by Rama, an incarnation of the Hindu god Vishnu.

ISLAND OF SINHALESE

This large island off the southern tip of the Indian subcontinent was occupied by hunter-gatherers until the arrival, in the 6th century BC, of the Sinhalese - a tribal group of Indo-Europeans which has moved South through India.

These people give the island the name by which it has been known throughout most of history: *Sinhaladwipa*, meaning 'island of the Sinhalese', which becomes Ceylon in English. The name of the country is changed to Sri Lanka ('beautiful island') when it becomes a republic in 1972.

COLONIAL HISTORY

From the late 3rd century AD to the middle of the 12th century, Lanka was dominated by Tamil kings and invaders from southern India. The most formative event

in Sri Lanka's long history was the arrival of Buddhism in the 3rd century BC. During this time, Anuradhapura became the capital city and the first Buddhist centre of Sri Lanka, characterized by the massive dome-shaped stupas (also known as dagobas) which are built to contain sacred relics.

The arrival of the Portuguese in the 16th century marked the beginning of European domination, which lasted more than 400 years. The Portuguese, in control of coastal Sri Lanka for 150 years, established a trading settlement at Colombo. In 1658, they were driven out by the Dutch, and in 1796 the Dutch were supplanted by the British, who controlled the country for the next 152 years.

In the year 1948, the new constitution went into effect, making Sri Lanka a dominion.

UNESCO WORLD HERITAGE SITES IN SRI LANKA

- 🏛 The ancient city of Polonnaruwa
- 🏛 The ancient city of Sigiriya
- 🏛 The golden temple of Dambulla
- 🏛 The old town of Galle and its fortifications
- 🏛 The sacred city of Kandy
- 🏛 The sacred city of Anuradhapura
- 🏛 The Central Highlands of Sri Lanka
- 🏛 The Sinharaja Forest Reserve



Coat of Arms



Anuradhapura



A marriage ritual

ARTS & CRAFTS

Handicrafts in Sri Lanka are made applying age-old techniques which have been passed from generation to generation for centuries. For producing handicrafts, raw materials found abundantly in nature are used. Craftsmen producing handicrafts objects were always patronized by the royal families of Sri Lanka. The handicrafts have now become integral part of the Sri Lankan way of life. These crafts are known for vivid color combinations.

ARCHITECTURE

Architecture in Sri Lanka has always been closely associated with religion - first with Hinduism and then Buddhism. Buddhism has always been an umbrella under which the architecture of Sri Lanka has evolved. The most prominent example of **Buddhist architecture** is the dagoba (stupa) scattered everywhere in the island. The structure is in the shape of a dome, often painted in white. It enshrines the Buddha's relics such as hair and tooth. Bricks are used to make the structure which is later covered with plaster.

Sri Lanka has also remained under the occupation of the Portuguese, followed by the Dutch and finally the British. The **European architecture** left considerably influence on the way buildings were made in Sri Lanka. The Portuguese left the tiled-roof building with its verandah, the Catholic churches as well as the forts. Galle fort is an excellent example of Dutch legacy. The British influenced the Dutch with their clerical and secular architectural styles. The British also constructed elegant buildings in the hills like the ones in Nuwara Eliya. All these reigns left their impact on the

architecture in Sri Lanka. Colonial legacy can be seen in ancient colonial buildings in the country.

FLORA & FAUNA

Sri Lanka is an island, 65,610 sq. km in area situated close to the southeast corner of the peninsula of India. Despite its relatively small size, Sri Lanka possesses a high level of biodiversity. A noteworthy feature of Sri Lanka's biodiversity is the remarkable high proportion of endemic species among its flora and fauna: 23% of the flowering plants and 16% of the mammals in the island are endemic. Sri Lanka has a wide range of topographic and climatic variation and this contributes to the special features of its biodiversity.

The country has a rich and exotic variety of wildlife and a long tradition of conservation rooted in its 2,230 year old Buddhist civilization. The animals to be seen in Sri Lanka's national parks include the elephant, the leopard, the sloth bear, the sambhar, the deer and monkeys, wild buffalo, wild boars, porcupines, ant-eaters, civet cats, jackals, mongoose, loris (unique to Sri Lanka) several varieties of lizards, squirrels, reptiles and amphibians. Each park however has its own specialties.

FAIRS & FESTIVALS

Sri Lanka has more festival days than anywhere on earth. There is so much here to enjoy it's no wonder that Lankans love to party. Festivals are a part of Sri Lankan culture. They can be either religious or national festivals and are observed in grand scale. They have such a plethora of celebrations demanding ritual, religion, razzmatazz and pageantry, and with enough elephants, drummers, dancers and temples as exotic backdrops.

DAY WISE ITINERARY

Day 1 (Wed, 25th Jan 2012): Arrive in Sri Lanka at Bandaranaike International Airport.

Staggered arrival: after completing arrival formalities, meet our representative and Tour Escort in the arrival hall of the airport, who will guide the guests to the waiting vehicle and transfer to the hotel. The transfer to Colombo city will take approximately 45-60 minutes.

Reach Colombo and check in at the Historic Galle Face Hotel - a heritage hotel built in 1864, during the British Colonial Era. Rooms will be ready for immediate check-in. Rest of the day free to get over jet lag.

In the evening there will be a meeting / introduction at the lobby of the hotel followed by a welcome cocktail.

Dinner will be open at guests choice.

Overnight in Colombo - Galle Face Hotel**Day 2 (Thu, 26th Jan 2012): A day in Colombo**

Optional : Early morning excursion by "tuk-tuks" to the Peliyagoda Fish Market. More than 30 percent of the fish production in the country is distributed from here. It will provide the facilities to handle 500 metric tons of fish with wholesale and retail sales divisions.

Return to hotel for breakfast.

Depending on their enthusiasm, the group will take tour of the archaeological museum either in the morning or in the afternoon along with a visit to the Lionel Wendt Memorial Art Centre in Colombo 7 and the Sapumal Foundation - the core collection of Sri Lankan Paintings and drawings which trace the development of art from the 1920's to date.

Evening : Dinner at the Dutch Burgher Union

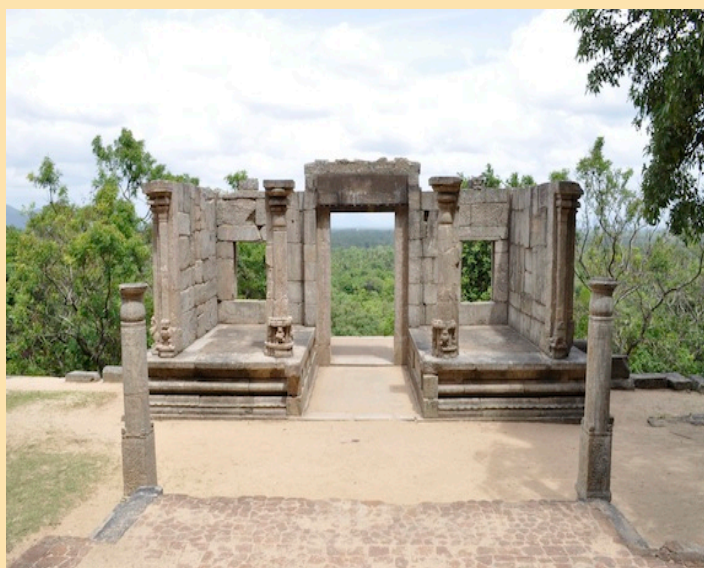
Overnight in Colombo - Galle Face Hotel**Day 3 (Fri, 27th Jan 2012): Drive Colombo to Anuradhapura**

Leave for Anuradhapura, stopping at Yapahuwa, to see the spectacular granite stairway to the summit. Yapahuwa was the capital of Sri Lanka in the latter part of the 13th century (1273-1284). Built on a huge, 295ft high rock the carved stone balustrades, and friezes embellishing the remains of the palace and fortress are interesting examples of the art of the period.

Dinner and overnight at Anuradhapura - Palm Garden Village Hotel

Colombo National Museum

The National Museum of Colombo, also known as the Sri Lanka National Museum, is the largest museum in Sri Lanka. It was founded in January 1877, during the tenure of office of the British Colonial Governor, Sir William Henry Gregory. It includes artifacts from archaeological sites all over Sri Lanka displayed according to different Eras/ Kingdoms and going through the many centuries with Sir William's statue at the entrance of the National Museum. Exhibits include the throne, the sword and the royal baton used by King Sri Wickrama Rajasinghe, Hindu bronzes and wooden carvings and a section on puppetry of Sri Lanka.



Fortress ruins, Yapahuwa

Day 4 (Sat, 28th Jan 2012): A day in Anuradhapura to explore the ruins

A full-day tour to the ruins of Anuradhapura. Anuradhapura 🏯 is the most celebrated of Sri Lanka's ancient cities. The city's greatest treasures are the massive hemispherical dagobas constructed of large sun-dried bricks. The most notable are the Ruwanwelisaya, (2nd Century BC) and 300ft in diameter, the Jetawanarama at 370ft and the delicate Thuparama, which enshrines the collar bone of the Buddha.

The Sacred BoTree, a branch of the tree under which the Buddha attained enlightenment, and brought here 2250 years ago, is the oldest documented tree known. The reservoirs are marveled at for the skilled engineering.

Dinner and overnight at Anuradhapura - Palm Garden Village Hotel

Day 5 (Sun, 29th Jan 2012): Drive from Anuradhapura to Dambulla with a stop at Mihintale

Mihintale is where the Buddhist doctrine was first preached in Ceylon by the prince - monk, ' Mahinda ', son of Asoka, Emperor of India, to Lanka's king, Devanampiyatissa over 2000 years ago. The remains include an infirmary, stela stating the rules for monks, a refectory, bathing pools, chapter houses. The monastery is approached up a magnificent stone stairway of 1,840 steps.

The visit will take you to Kalu-diya Pokhuna, literally means "the black water pool". It is said that the name evolved out of respect to the sombre reflections of trees and boulders of the neighboring forests and mountains, and is true to its description at most times of the day. The complex of well planned buildings around the pond is witness to an advanced hydraulic civilization with artificial moats running through some of the buildings; the bath houses, the toilets within the buildings.

The Heritance Kandalama is one of the best known creations of the island's iconic architect, the late Geoffrey Bawa.

Dinner and overnight at Dambulla - The Heritance Kandalama Hotel.

Day 6 (Mon, 30th Jan 2012): Day excursion to Polonnaruwa

Full-day visit to Polonnaruwa 🏯, the medieval capital, with its beautiful Buddha images, and Chola period shrines.

Lunch at the Polonnaruwa Resthouse overlooking the Parakrama Samudraya, where Queen Elizabeth once stayed.



Jetawanarama, Auradhapura



Mihintale



Majestic pillars of Polonnaruwa

On the way back to Kandalama, you might see wild elephants grazing.
Dinner and Overnight at Dambulla - The Heritage Kandalama Hotel

Day 7 (Tue, 31st Jan 2012): Spend the morning at Dambulla and drive to Kandy

Spend the early morning at Sigiriya 🏯, climbing the rock. Drive on to visit the Dambulla caves 🏯, with their murals of the lives of the Buddha and then proceed to Kandy.

Stop to see spice plantations, and crafts workshops on the way to Kandy. Reach Kandy and check-in at the Suisse Hotel, by the lake, looking across to the Temple of the Tooth 🏯.

Dinner and overnight in Kandy - Hotel Suisse

Day 8 (Wed, 1st Feb 2012): A day in Kandy for the visits

The following visits are scheduled for you at Kandy:

- A meeting with Prof. Sudharshan Senevirante - if he is available.
- the University.
- the Botanical Gardens at Peradeniya.
- visit to Suriyagoda temple.
- ISLE center.
- a dance performance / meeting with the students at the dance school run by Peter Surasena.

Evening : Dinner with a local family - a short drive out of town.

Overnight in Kandy - Hotel Suisse

Day 9 (Thu, 2nd Feb 2012): Drive from Kandy to Nuwara Eliya

After lunch at Kandy, drive further up in to the hills with stop at a tea factory. End in Nuwara Eliya - for a leisurely day.

Evening : Dinner at the hotel [Note: The dress code in the formal dining room is a jacket and tie for men and appropriate similar for women.

Dinner and Overnight in Nuwara Eliya at the Hill Club

Day 10 (Fri, 3rd Feb 2012): Drive from Nuwara Eliya to Kithulgala with a visit to Horton Plains

Drive by local vans / 4WD to the Horton Plains 🏯 in the morning - the highest plateau, with rhododendrons and tree ferns, overlooked by some of the island's highest mountains, and with views down to the sea -



Sigiriya Rock



Dambulla Cave Temple



Temple of the Tooth, Kandy (with an inside view)

in good weather!

Drive on down to Kithulgala, through mountains covered in tea. View some of the island's best waterfalls.

Dinner and Overnight Kithulgala at Plantation Inn + Kithulgala Resthouse

Day 11 (Sat, 4th Feb 2012): Drive from Kithulgala to Embilipitiya

Early morning visit to Belilena caves by local transport.

Breakfast will be served at the caves.

After the caves drive to Embilipitiya visiting :

- Batatomba lena caves in Kuruwita.
- Gem mining center in Ratnapura.
- Optional : Uda Walawe National Park (depending on time)

Dinner and Overnight at Centauria Lake Resort overlooking the Chandrika Wewa

Day 12 (Sun, 5th Feb 2012): Drive from Embilipitiya to Galle

Optional : Half day safari to Uda Walawe National Park to see herds of wild elephants; perhaps visit the transit home for orphaned baby elephants nearby.

Lunch at "Saman", the local restaurant at Pallegama, and drive to the south coast, to a resort near Galle .

Stop at the Martin Wickramasinghe Museum in Koggala, just near your hotel.

Dinner and Overnight in Galle at the Fortress

Day 13 (Mon, 6th Feb 2012): Drive from Galle to Colombo

A day to visit Galle 🏰 , with its Dutch fort, still occupied by government offices, the Maritime museum, churches and other centuries old buildings, by families which have been there for generations, as well as by expatriates. Visit the Maritime Museum, with it's relics of Dutch sailing ships, and even earlier traces of connections with Arab traders etc. Admiral Cheng Zho called here on one of his many journeys.

Late in the afternoon drive to Colombo.

Dinner and Overnight in Colombo

Day 14 (Tue, 7th Feb 2012): A day in Colombo and depart

A second visit to the museum for those who are interested and the Barefoot / Handicrafts Emporium for shopping. Enjoy Navram Poya holiday festivities. After the "Farewell Dinner", depending on the flight, the guests will be transferred to airport.

Day 15 (Wed, 8th Feb 2012): Leave Colombo

Early morning transfer to international airport to catch your flight home.



Hill Club, Nuwara Eliya



Belilina Caves



Galle Fort

Tour Cost

Validity : For the groups travel in January 2012

DETAILS (based on group size)	Cost in US Dollar
15 - 19 Travelers	\$3600 per person** double occupancy
20 - 24 Travelers	\$3525 per person** double occupancy
25 - 29 Travelers	\$3400 per person** double occupancy
Supplement for those who wish to stay in single rooms	\$950 per single** double occupancy

**** This is an approximate price and may change when hotel rates are finalised for 2012.**

The price is based on the following hotel selections:

City	Hotel Name	Check-in	Check-out	No. of Nights
Colombo	Galle Face Hotel	Day 01	Day 03	2
Anuradhapura	Palm Garden Village	Day 03	Day 05	2
Dambulla	The Heritance Kandalama	Day 05	Day 07	2
Kandy	Hotel Suisse	Day 07	Day 09	2
Nuwara Eliya	Hill Club	Day 09	Day 10	1
Kithulgala	Plantation Inn / Rest House	Day 10	Day 11	1
Embilipitiya	Centauria Lake Resort	Day 11	Day 12	1
Galle	Hotel Fortress	Day 12	Day 13	1
Colombo	Galle Face Hotel	Day 13	Day 15	2

The price includes the following specific services:

- Airport meet, greet, pick-up, drop off and transport for the travel as per the program.
- Meal Plan - FULL BOARD (Breakfast, lunch and dinner).
- Farewell dinner at Colombo.
- Air-conditioned vehicle (full a/c tourist coach) throughout the tour.
- Accompanying English speaking tour escort.
- The expertise of a Carleton faculty member.
- Entrance fees to places of visits as per the program (except optional stops)
- Local transport tuk-tuk, jeeps wherever needed.
- Bottled water in the bus.
- Tips & other gratuities.
- Welcome cocktail reception on the day of arrival.
- All currently applicable govt. taxes and levies.

The rates include only the services listed above and those mentioned in the enclosed itinerary. The rates do not include:

- Items of a personal nature such as cost of telephone calls, table drinks, laundry etc.
- Any international air fares, visa charges, airport taxes on departure.

Cancellation Policy

<i>If the tour is cancelled</i>	<i>Cancellation charge</i>
<i>At least 120 days prior to the date of arrival</i>	<i>\$200 Fee</i>
<i>Less than 120 days and up to 90 days prior to the date of arrival</i>	<i>Deposit is forfeited</i>
<i>Less than 90 days and up to 45 days prior to the date of arrival</i>	<i>50% of the total tour cost</i>
<i>Less than 45 days</i>	<i>Full tour cost</i>

Liability:

The above quotations are subject to amendment should suppliers amend their rates prior to commencement of the tour. Unforeseen conditions may necessitate some modifications to the itinerary. The Carleton Alumni Relations Office and INDEBO reserve the right to make such changes, alter or omit any part of the itinerary as the situation demands. The Carleton Alumni Relations Office and INDEBO, while undertaking tours, transportation, hotel accommodation and other services only act as an agent on the clear understanding that they shall not be, in any way responsible or liable for any accident, damage, loss, delay or inconvenience caused in connection with the travel facilities arranged by the Office or agents.

All bookings are accepted and executed with utmost care, yet no responsibility is undertaken for any change or deviation on account of factors beyond control.

The Carleton Alumni Relations Office and INDEBO are not responsible for the re-routing of the itinerary due to flight and/or train cancellation. Any additional expenses necessitated by such an event will be borne by the clients.

In case of cancellations or re-scheduled services by air companies, hotels, Transport Companies or other suppliers, passengers will be assisted by the Carleton Alumni Relations Office and any extra cost arising from this assistance, not provided for under the program, will be charged separately.

Note : \$1000 per person deposit due at registration. Balance due on October 1, 2011.

Registration Details

To register, please contact:

Amy Goerwitz
Carleton College Alumni Relations Office
One North College Street
Northfield, MN 55057
Tel: 507-222-5645
Fax: 507-222-4445

Email: amy.goerwitz@carleton.edu

Visit our trip website at : <https://apps.carleton.edu/alumni/adventures/srilanka12/>

Registration Form for *A Prismatic Archaeological Tour of Sri Lanka*

Name(s) _____ Class Year _____
(as listed on passport) _____ Class Year _____
Address _____
City/State/Zip _____
Phone _____ (day) _____ (eve)
E-mail(s) _____

Number attending _____ @ \$1000 deposit per person \$ _____ enclosed

Circle preference: Twin Beds Double Bed Single Occupancy Share (cannot be guaranteed)

To reserve your place, send payment and this registration form to:

Carleton in Sri Lanka
Carleton College Alumni Relations Office
One North College Street
Northfield, MN 55057
507-222-4445 (fax)

CHECKS: Please make checks payable to *Carleton College*.

CREDIT CARD PAYMENT: MasterCard Visa AMEX Discover (circle one)

Card Number _____ Expiration Date _____

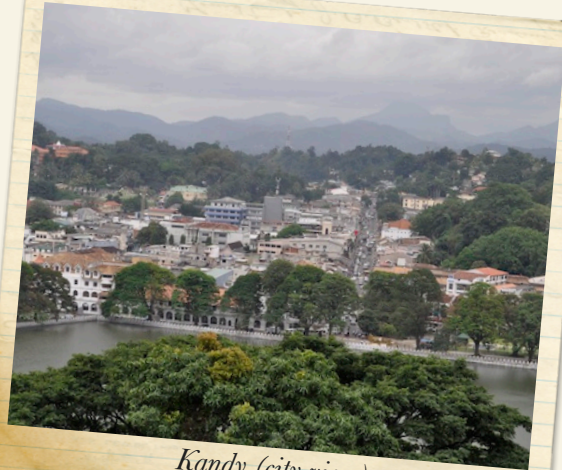
Signature _____ Security Code _____

NOTE: Space is limited. Reservations will be taken in the order received. We recommend faxing your registration form to 507-222-4445. If you have questions, please contact Amy Goerwitz at the Carleton Alumni Relations Office at 507-222-5645 or send e-mail to amy.goerwitz@carleton.edu.

Glimpses Of Sri Lanka



A marriage ceremony



Kandy (city view)



Sea-food market



At the tea plantation



On the coast



Uda Walawe

- Pound Sterling, US Dollars or other major currencies can be exchanged into Sri Lankan Rupees locally. The Rupee is non-exportable, so spend it all before you leave! A growing number of ATMs in Colombo and Kandy accept foreign-issued cards. Credit cards are widely accepted for purchases. Visa and Mastercard withdrawals can be performed at banks.
- The standard voltage is 230 - 240V; 50Hz AC. Sockets are of the 3 round-pin variety, similar though not identical to European sockets. Use a power adaptor with a hairdryer or other appliances.
- It is recommended that you be vaccinated for tetanus and polio, if you haven't had a booster in the last ten years. Food and waterborne diseases are more common, so we recommend vaccinations for typhoid (valid 3 years) and hepatitis A (validity varies). You are also advised to take anti-malarial medication. However vaccination information can change regularly and this is only intended as a guide so please contact your local healthcare provider for the most up to date and accurate information. We advise to drink bottled mineral water which is readily available.
- Please do carry a moisturizer as well. The sea wind carries a lot of salt which dries up your skin. Some of the inland regions are dry as well.
- Do try out the yoghurt and honey. It is a simple yet elegant and extremely delicious dessert and a good conclusion to your day.

THINGS TO KEEP IN MIND WHILE TRAVELING TO SRI LANKA



WHY SRI LANKA?

Sri Lanka is a small miracle partly due to the compact physical diversity of this pearl-shaped island - but, as we shall see, this diversity extends to virtually every aspect of life. Fringed by variously-shaped sublime beaches, from straight expanse to rocky cove, the island possesses a coastal plain containing a host of geographic features such as lagoons, wetlands, rivers and various types of wildlife-rich jungle.

The plain ends in the central area where the land starts to ascend into mist-shrouded mountains, covered in forests of wind-stunted trees (in fact there are seven different types of forest in Sri Lanka), plains known as *patanas*, and rolling tea plantations. In addition, the hillsides are invariably punctuated by dramatic waterfalls. *For its size Sri Lanka has perhaps the largest number of waterfalls of any country.*

Besides, Sri Lanka is a multi-ethnic, multi-religious and multi-cultural society, a reflection of the island's encounter with successive foreign immigrants. Its cultural depth is well recognized by UNESCO that makes it an abode of eight World Heritage sites.

A universally acknowledged ecosystem and this living culture ensures every traveler the best that any island nation has on offer. Travel to Sri Lanka is really an exploration in itself.

