

# Teardrop Isle

5 Days | Starts/Ends: Colombo



*Wing your way to Sri Lanka. Lush jungles, abundant wildlife, cool mountains and glorious beaches offer instant appeal to the traveller. Ancient cities steeped in Buddhist belief, remnants of the spice trade, tea plantations and elegant colonial hill stations add history.*

## HIGHLIGHTS AND INCLUSIONS

### Trip Highlights

- Colombo - The Fort, Gamgarama Temple
- Polonnaruwa - 11th century city
- Sigiriya - 5th century fortress ruins
- Dambulla - Rock Temple
- Matale -spice gardens
- Kandy - Temple of the Tooth, Botanical Gardens, Ceylon Tea Museum

### What's Included

- 4 breakfasts
- 4 nights - Superior (4 star) accommodation (Standard and Deluxe hotel options are also available)
- Airport arrival and departure transfer on days 1 and 5
- Guided touring of Colombo, Dambulla, Polonnaruwa, Sigiriya and Kandy
- Escorted by a licensed English speaking chauffeur guide
- Entrance fees to all included sights

- All transfers and transportation in private air-conditioned tourism vehicles

### What's Not Included

- International flights and visa
- Tipping - an entirely personal gesture

## DETAILED ITINERARY

### Day 1 : Colombo



Welcome to Sri Lanka and the start of your holiday! Arrive Colombo, included transfer to hotel. This afternoon enjoy a sightseeing tour of Sri Lanka's capital include; the Fort, Galle Face Green – a seaside expanse popular for informal cricket games, the Pettah – a noisy oriental bazaar, a visit to Gamgarama temple, Cinnamon Gardens and Independence Square. **Overnight - Colombo**

### Day 2 : Polonnaruwa



Colombo - Giritale. Departing Colombo, drive to Giritale and check into hotel before an afternoon visit to Polonnaruwa - an 11th century city of compact size. Polonnaruwa features 12th-century stone sculptures, an old irrigation system with huge tanks, and the Gal Vihara – comprising of three enormous Buddha figures - one reclining (it's 44 ft/13 m long), one standing and one sitting. The statues, located in a cluster along a dirt road, are revered as being amongst the most sacred monuments in Sri Lanka. There are also palace ruins, great bas-reliefs and friezes. Spend some time exploring the site, before later returning to Giritale. **Overnight - Giritale (B)**

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## Day 3 : Sigiriya & Dambulla UNESCO sites



Giritale - Sigiriya - Dambulla - Kandy. Leaving Giritale, drive to Sigiriya, the elevated and mysterious 5th century fortress ruins of King Kasyapa, where you view the stunning frescoes. The 'Lion Rock' is a citadel of unusual beauty rising 200 metres from the scrub jungle. A moat, rampart, and extensive gardens including the renowned water gardens ring the base of the rock.

Next visit the impressive Dambulla Rock Temple. Dambulla is a UNESCO 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.

Leaving Dambulla, the final stop of the day is Matale en route to Kandy. Sri Lanka is renowned for its spices and spice gardens are located all over the country. However, the biggest concentration of them can be found around Matale. With a guide, you'll see first hand how cinnamon, cardamon, curry leaves, peppercorns, saffron and other exotic spices are grown in the wild and then processed for consumption. **Overnight - Kandy (B)**

## Day 4 : Kandy Sightseeing

This morning offers a visit to the Peradeniya Botanical Gardens, once only exclusively reserved for Kandyan royalty. Back in Kandy, a scenic lakeside town, visit the lake, colourful bazaar, Ceylon Tea Museum and lapidary workshop. In the evening, visit the Temple of the Tooth Relic and then enjoy a cultural show featuring traditional Sri Lankan dancing.

**Overnight - Kandy (B)**

## Day 5 : Colombo

Tour ends after breakfast. Included onward transfer to airport.(B)

### KNOW BEFORE YOU GO

#### Visas

Please be advised that visa requirements are subject to change and that visa procurement is the responsibility of the traveller and not On The Go Tours. Please also ensure that your passport is valid for at least 6 months from your planned date of departure from Sri Lanka.

All nationalities require a visa to enter Sri Lanka. Your visa application must be submitted to the Ministry of Emigration and Immigration via the online ETA (Electronic Travel Authorisation) prior to departure.

To apply for your ETA visit [www.eta.gov.lk](http://www.eta.gov.lk)

This is a very simple process and requires no additional documents. You must fill in the required information and once the visa is approved, you will be notified with an ETA approval notice promptly. All passenger travelling to Sri Lanka will be required to make a payment of USD \$50 per person following the same ETA process.

The Visa issued will be a Double-Entry Tourists Visa applicable for 30 days from the date of arrival to Sri Lanka.

#### Visa Fee Exemption:

The Government of Sri Lanka have introduced a visa fee exemption scheme for citizens of 48 countries, effective 1 August 2019 to 30th April 2020 when the Government will review the progress of the project and potentially continue to offer this for a further 6 months. For a full list of visa fee exempt countries please visit: <https://mailchi.mp/544266114c42/sri-lanka-visa-fee-exemption-for-selected-countries?e=a5522c85f4>

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#### The Maldives

Nationals of the United Kingdom, the EEC, Australia, New Zealand, Canada and USA (if resident in the UK) currently do not require a visa in advance of entry to the Maldives if stay is less than 30 days. Holders of RSA passports must obtain a visa for the Maldives prior to departure.

#### Health Requirements

You should seek medical advice before travelling to Sri Lanka from your local health practitioner and ensure that you receive all of the appropriate vaccinations. As a guide Tetanus, Polio, Hepatitis A, Hepatitis B and Typhoid are strongly recommended. You are also advised to take anti-Malarial medication.

#### Water

As tap water is not safe to drink in Sri Lanka, only drink bottled mineral water which is readily available in hotels, shops and restaurants. You should also avoid salads which may be washed in unhygienic water.

#### Currency

The currency of Sri Lanka is the Sri Lankan Rupee.

Pound Sterling, US Dollars or other major currencies can be exchanged only in Sri Lanka, as the Rupee is presently exchangeable only in destination. The Rupee is non-exportable, so spend it all before you leave! There are plenty of money changers in Colombo, at the airport, in the street and at hotels. 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.

Traveller's Cheques are not recommended as they're often difficult to exchange and incur high fees.

#### Entrance Fees & Tip Kitty

Entrance fees are not included within the cost of our Group Tours and need to be paid locally in Sri Lankan Rupees (LKR). They will be collected on day 2 of your tour.

If travelling to India on our Delhi to Colombo tour, entrance fees for the India section of

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your tour will be collected in INR, then for the Sri Lankan section of your holiday in LKR.

Note: Entrance fees are included on our Safari in Sri Lanka tour.

## TIPPING

Tipping is not a natural part of many Western cultures and many of us feel uncomfortable, or unsure about when or how much to tip. However in Sri Lanka tipping makes up a significant part of many people's wages so it's important that we get it right. For this reason we've developed a very simple system on our Group Tours to take all the hassle out of tipping.

With our 'tipping made easy' policy, a nominal pre-determined amount is collected from all group tour participants to cover tips en route. This then saves you the hassle of when and how much to tip bellhops, luggage handlers, local guides and other support staff through the tour. The tipping kitty amount is noted under 'Exclusions' on the first page of these Trip Notes.

PLEASE NOTE: The tipping kitty is to be paid in LKR and it will be collected on day 2 of your tour. If travelling to India on our Delhi to Colombo tour, tipping kitty for that section of your tour will be collected by your guide in India and payable in India Rupees (INR).

Our 'tipping made easy' doesn't include a tip for your group tour guide, where we suggest an amount of approx USD\$3 - 7 per day multiplied by the duration of your tour. Naturally though, the amount is up to you. The tip for your guide is an entirely personal gesture.

Note: We do not collect a tipping kitty on our Safari in Sri Lanka tour or on our Private Tours, where you can tip at your own discretion.

## Climate

Situated in the Indian Ocean, at the base of the Indian Sub-Continent and around 880km north of the equator, the island nation of Sri Lanka has a pleasant tropical climate and despite its two short monsoon seasons has no 'off-season' as such. The average temperature of the low lands ranges between 25 – 30 degrees C, with higher temperatures

in April. The hill country is particularly popular at this time of the year where temperatures can be 5 to 8 degrees cooler during the day, yet rather chilly at night. The two monsoons are the southwest from May to July, affecting south/west/central areas and the northeast from September to November, affecting north/east areas. Despite intermittent rain, the sun does shine and the days are warm, unlike the partnering of rain and cold weather in Europe.

## Time and Voltage

Sri Lanka is 5 hours and 30 minutes ahead of Greenwich Mean Time (GMT). Sri Lanka does not observe daylight saving.

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.

## What to Pack

- Suitcase or frameless backpack/rucksack if preferred
- Small day bag for your camera, water, sunglasses, i-Pod etc.
- Please see the heading 'Etiquette' for recommendations on what/what not to wear
- Personal first aid kit
- Sunglasses, hat, umbrella, money belt
- DEET - based industrial strength mosquito/insect repellent
- High factor sunscreen and bathers/swim costume
- Anti-bacterial hand gel/wet wipes and flat pack toilet paper/tissues
- Universal adapter for your hairdryer, i-Pod or digicam
- Two spare passport photos and a photocopy of your passport in case of loss or theft
- Although film is available at similar prices to the UK or Australia, it is advisable to carry all you anticipate using from the UK, particularly if your camera uses the APS 'drop-load' film
- Spare camera batteries, especially if you possess a digital camera, which requires specialist high-power batteries
- Pack as light as possible to leave room for the souvenirs!

## Food and Drink

Sri Lanka offers a diversity of cuisine. The national dish is rice and curry (even for breakfast!). A typical Sri Lankan meal consists of a 'main' curry that could be fish or meat with several side dishes including vegetables, chutneys and 'sambol'. Made of ground coconut, onion, chilli, dried fish and lime, sambol is fiendishly hot.

Excellent seafood can be found along the coast, including local crab, prawns and tuna. Local specialities include appa or hoppers which are small rice-batter pancakes eaten with palm treacle and yoghurt.

Roti stuffed with fresh chilli, onions and cooked eggs, griddled meats or fish are also popular. Kotu roti is chopped roti with onions, vegetables and meat.

Colonialism left an indelible stamp on the local cuisine. A popular Dutch-Portuguese dish is Lamprais (rice steeped in stock with a special curry), accompanied by frikkadels (meatballs), baked and served in banana leaves.

Sri Lanka grows some of the finest tea in the world for export. Your best chance for a good cuppa is in the hill country, where tea plantations and hotels serve the pick of the locally harvested crop.

## Trading Hours

- Generally 0930 – 1300hrs and 1400 – 1900hrs or later
- Shops are closed on Sunday. In tourist areas, shops are open from 1000 – 2200hrs, including Sunday
- Markets are open 0800 – 1830hrs Monday – Saturday (limited sections on Sun)
- Banks are open 0830 – 1230hrs and 1330 – 1700hrs Monday – Friday

## Shopping

Sri Lanka is excellent for gemstones especially sapphires, moon-stones and cats-eye. Other items to look out for include spices, wood carvings and other handicrafts, clothing of types, batik and hand-woven textiles, brassware, handmade lace from Galle and of course tea. Tea varies in quality, so if you're buying in bulk, ask for a tasting! If seeking modern local chic, Colombo offers a selection

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of department stores and stylish boutiques. Refrain from buying souvenirs made of coral (creation of this sort of tourist that contributes greatly to the destruction of Sri Lanka's reefs), ivory or the hides of endangered animals.

**IMPORTANT:** Set your budget and don't be swayed, remember the caveat – 'Let the buyer beware'. Any purchases made whilst on holiday with us, irrespective of whether the store is recommended by us or other, are at your own discretion. Please make sure that you are completely happy with the product you are purchasing and the delivery arrangements (we would recommend you take away with you any purchases rather than rely on shipping services). On The Go cannot be held responsible or accountable for items bought in country or shipping arrangements. We will not become involved later in your holiday or once you return home should your purchase not live up to your expectations. Proceed with caution.

## Etiquette

Despite the inevitable ups and downs of travelling abroad, you will generally be shown great hospitality in Sri Lanka. In return, please demonstrate sensitivity and respect for the local customs. Sri Lanka is a conservative country; so care should be taken to dress respectfully in large cities and towns, for example when at markets or public places.

- Don't try to sneak into temples and mosques that forbid non-Hindus or non-Muslims
- Never touch a carving or statue of a deity within a temple
- Do not touch locals on the head or point the soles of your feet at a person, religious shrine or image of a deity. This is very disrespectful
- Take care to dress conservatively and ensure that limbs are covered when entering any place of religion. Please also ensure footwear and headwear is removed if entering any Buddhist, Hindu or Muslim place of worship
- Both ladies and gentlemen will need to dress conservatively and cover all shoulders and knees when visiting any sacred site in Sri Lanka including Dambulla, Kandy Temple of the Tooth, Polonnaruwa and Anuradhapura. Men and Women are not permitted to wear

headgear or footwear at sacred sites in Sri Lanka - these must be removed prior to entry

- Ladies should avoid wearing 'clingy, tight or suggestive attire, and stick to cool, flowing cottons in busy city areas and markets. T-shirts are fine!
- Beach attire is fine on beaches, in a resort or by a hotel pool and at tourist sites but ladies, avoid wearing bikini tops anywhere but on the beach or at the pool
- Nudity and topless bathing are prohibited. Heavy fines can be imposed
- Displays of intimacy are not considered suitable in public
- Ex-military style clothing should not be worn
- It is polite to ask permission before taking photos of people
- Use your right hand for giving, taking, eating or shaking hands as the left is considered to be unclean
- Don't be surprised if you are frequently the centre of attention when travelling around the country. Staring unabashedly is not a social taboo
- Do carry toilet paper with you (or adjust to the Sri Lankan habit of using water instead), but don't throw it down the toilet without first checking to see if there's a basket to put it in (narrow pipes clog easily)
- Don't be surprised to see men defecating or urinating in public when restrooms are not readily available. Women, in the same circumstance, tend to use cover of darkness and huddle in groups
- Mosques are open to non-Muslims but cannot be visited during prayer time, particularly noon on Friday
- Photography is prohibited in certain sections of sacred sites. Do not attempt to be photographed with Buddhist bhikkus (monks) or to pose for photos with statues of Buddha or other deities or paintings
- Do be open and friendly in conversations with locals. Sri Lankans can be quite talkative, asking strangers questions (about marital status, salary, etc.) that might be interpreted as overly personal in other cultures

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