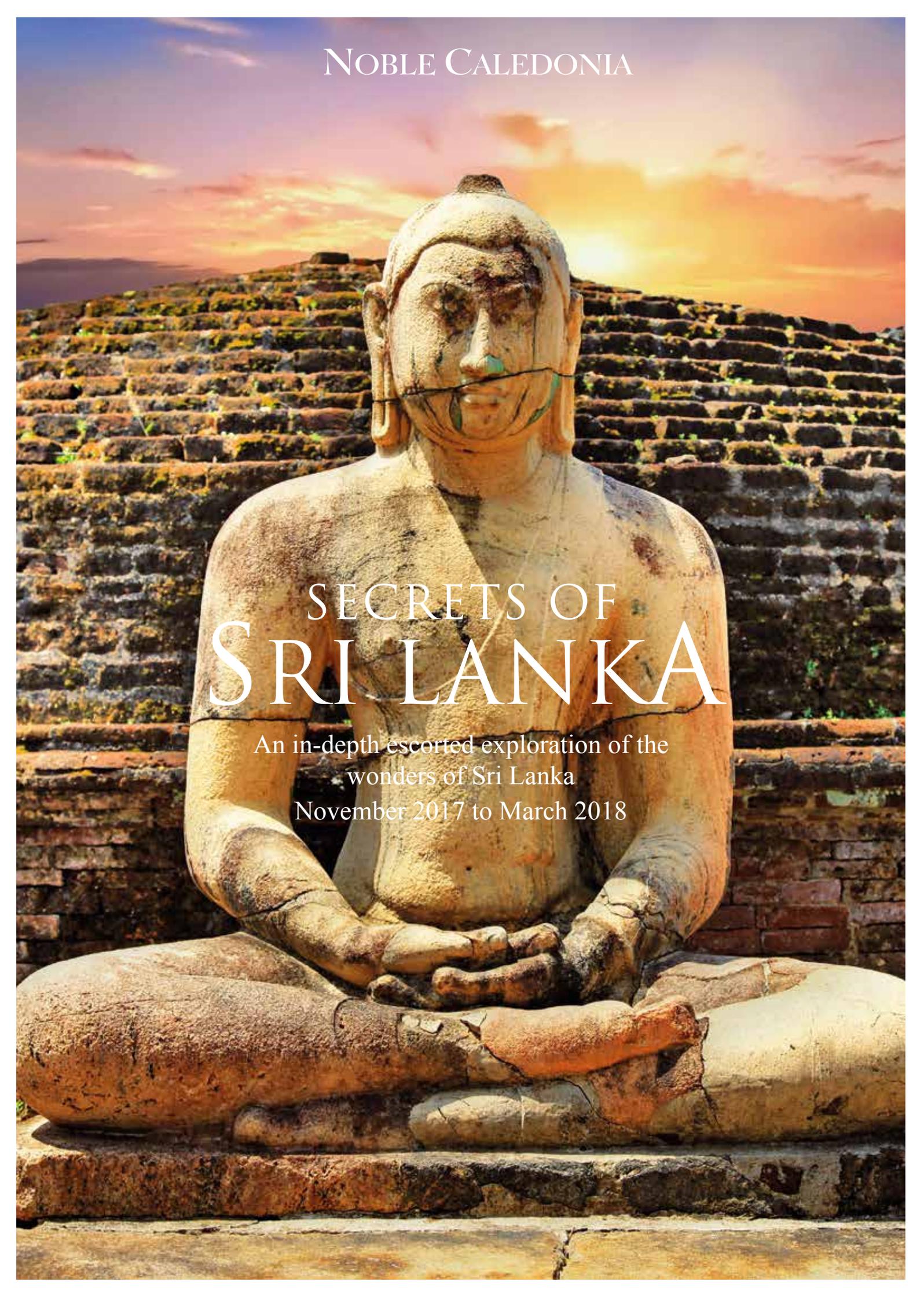


NOBLE CALEDONIA



SECRETS OF  
SRI LANKA

An in-depth escorted exploration of the  
wonders of Sri Lanka

November 2017 to March 2018



Elephant and mahout

Marco Polo described Sri Lanka as the finest island of its size in the world when he arrived there in 1265, while successive waves of Indian, Arab and European traders were seduced by reports of rare spices, precious stones and magnificent elephants. It is a truly remarkable country with a diverse landscape of beautiful beaches, lush tea plantations, rolling hills and forests which are scattered with intricately carved stone monuments.

Although tiny in size compared to its neighbour India, Sri Lanka has a wealth of both ancient and natural sites which we will explore during this escorted tour including no less than five UNESCO World Heritage Sites in Galle, Kandy, Sigiriya, Polonnaruwa, and Dambulla. Learn about the country's cultural, colonial and religious history, visit some of its holiest temples, see some of the diverse wildlife, admire some of the most scenic regions, most notably the verdant rolling hills of Nuwara Eliya and relax on the beautiful beaches.



## The Itinerary

**Day 1 London to Colombo, Sri Lanka.** Fly by scheduled flight.

**Day 2 Colombo.** Arrive and transfer to the Cinnamon Grand Hotel for a two night stay. Remainder of day at leisure.

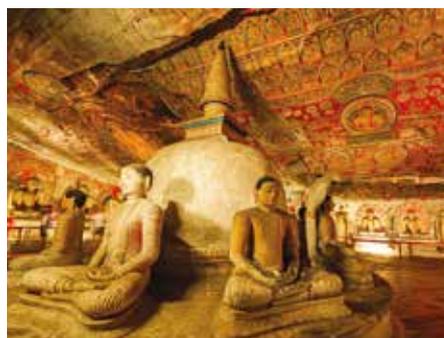
**Day 3 Colombo.** After a morning at leisure, enjoy a city tour of Colombo, the largest city in Sri Lanka and known in the past as the gateway to the Orient. The city tour will showcase some of Colombo's most famous landmarks, buildings and the bazaar. We explore the Gangaramaya Temple situated close to the Beira Lake which demonstrates an eclectic mix of Sri Lankan, Thai, Indian and Chinese architecture. Wander through its treasure trove of statues and continue to a Hindu temple and the historic Wolfendhal Church founded in 1749, before returning to the hotel.

**Day 4 Habarana.** After breakfast we head towards Habarana, an ideal base for exploring the cultural triangle. Though in the 'dry zone' of the country, thanks to the genius of ancient kings the Sri Lankan "dry zone" is anything but dry, with hundreds of lakes and reservoirs connected by an elaborate network of canals making up a fascinating irrigation system which also provides some of the most breathtakingly beautiful scenery and fertile habitat for Sri Lanka's incredible bio-diversity. Our base will be the beautiful Cinnamon Lodge where we stay for four nights.

**Day 5 Polonnaruwa.** After breakfast we head out to the ancient city of Polonnaruwa. This Medieval city was declared the capital of the island after King Vijayabahu I defeated the Chola invaders in 1070. Polonnaruwa was made a UNESCO World Heritage Site in 1982 and is



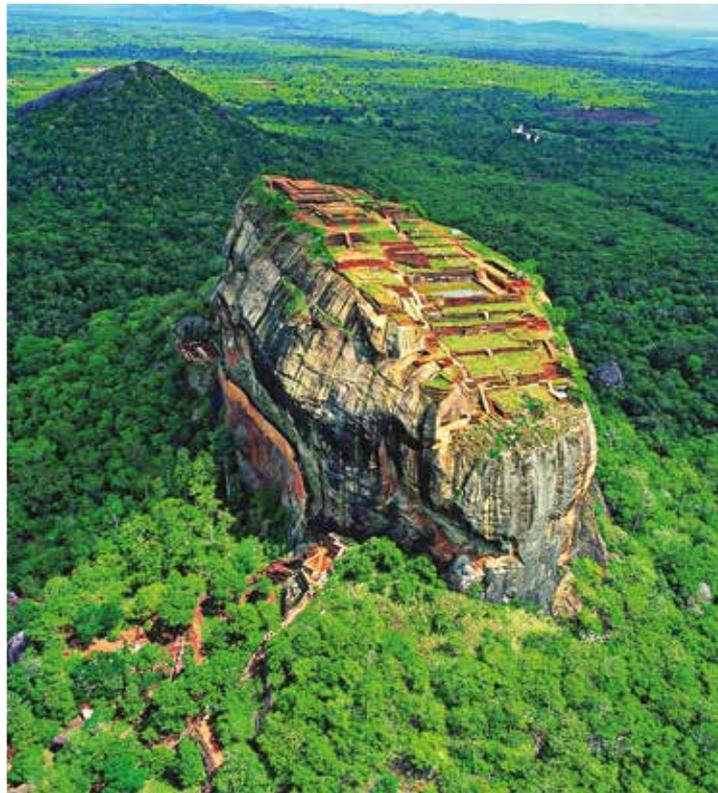
Mountain toque macaque monkey



Buddha statues inside Dambulla Cave Temple



Novice monks visiting a temple



Sigiriya Rock Fortress



Ruins of the ancient city of Polonnaruwa

considered to be one of the best planned archaeological sites in the country. The entire landscape of the region is punctuated by huge man-made reservoirs, the most famous of which is the Parakrama Samudra or the Sea of Parakrama. The monuments are relatively well preserved and give clear evidence of the glory of Sri Lanka's past. Highlights are the Royal Palace complex including the King's Palace and Audience Hall, the Quadrangle with its concentration of ancient heritage and the spectacular Gal Vihare complex of four massive images of the Buddha, cut from a single slab of granite, a highlight of ancient Sri Lankan rock carving. Some of the best examples of the Hindu influence, the Temples of Shiva, intricate statues of Hindu Gods, fascinating Buddhist temples, the Lankatilleka and Watadage, the Galpotha, the Lotus bath, the Kiri Vihare Dagoba and the remains of a former Temple of the Tooth are other impressive sights. In the afternoon we head to the Minneriya National Park, a wildlife reserve which is almost 9000 hectares large. During a safari here you will witness the

animals that call this park home such as sambar deer, birds and of course elephants.

**Day 6 Sigiriya Rock Fortress.** Easily the most iconic UNESCO World Heritage Site of Sri Lanka, Sigiriya is a marvel that cannot be explained but only experienced. We will arrive at the fortress in the morning and marvel at its beauty in the sunlight. Atop this epic stone lie the remains of a citadel built by King Kashyapa who, fearing his brother, ruled from above. Accompanied by a harem of women, King Kashyapa spent his days in various different sections of the citadel including a large bath pool and meditation areas. Legend states that his harem threw themselves off the rock when King Kashyapa fell, but live forever in the form of frescos found in the inner cave walls. The frescos are world famous and were once 500 but only 19 now remain. The climb will give you an insight of the life in the ancient times as well as the structured beauty that the patrons perceived. Enjoy an afternoon at leisure.

**Day 7 Dambulla.** After a leisurely breakfast we drive to Dambulla to visit the Dambulla Cave Temples. This UNESCO World Heritage Site is yet another beautiful site to experience. Explore an amazing complex of five caves first used as a refuge by an ancient king who on regaining his throne, commissioned magnificent carved images within the living rock. Later kings made further improvements and the caves contain over 150 images of the Buddha of which the largest is a colossal figure spanning 15 metres. There are cave inscriptions from the 2nd century B.C. and many paintings, most of which belong to the Kandy period (early 19th century). This temple is a perfect location to view the evolution of ancient Sri Lankan art and is an important historical site due to the amalgamation of the material from many eras. As we walk through these caves we will witness ancient art that will astound your understanding of the artistic abilities of the ancients. Return to the hotel and spend the rest of the afternoon at leisure.

**Day 8 Kandy.** Depart after breakfast to the hill capital of Kandy, the last kingdom of Sri Lanka. En-route we visit the Matala Spice Gardens where you can smell, touch, taste and buy the spices of the island that are known the world over. A cookery demonstration will show you how Sri Lankans use these spices for day to day cooking. On arrival in



Temple of the Tooth, Kandy



Seema Malaka Temple on Beira Lake, Colombo



Beach and fishing boats near Beruwela



Waterfall in the highlands near Nuwara Eliya

Kandy we check-in to our hotel, the Cinnamon Citadel for a three night stay. Afternoon is at leisure.

**Day 9 Kandy.** This morning we head out for our city tour of Kandy. We visit the marketplace and the famed Temple of the Tooth, a UNESCO World Heritage Site which is commonly known as Sri Dalada Maligawa and is the most sacred temple in Sri Lanka. It is an important shrine for Buddhists as it houses the tooth relic of Lord Buddha and is famous for its carvings and the beautiful art that is unique to Sri Lanka. The most important part of the Sri Dalada Maligawa is the octagon (Pathirppuwa). There will be some time at leisure before we depart late this afternoon for a cultural show.

**Day 10 Kandy.** This morning we proceed to Peradeniya to visit the Royal Botanical Gardens which were first started by King Kirthi Sri Rajasingha in the 1700s and span a total area of 150 acres. Take a leisurely walk through these impressive gardens and admire the fine collection of orchids and other flora. Afterwards we will enjoy lunch of traditional cuisine at a local restaurant before returning to the hotel. Remainder of the day at leisure.

**Day 11 Nuwara Eliya.** After breakfast this morning we will head off to the quiet town of Nuwara Eliya where we stay for two nights at the Grand Hotel. Nuwara Eliya is the heart of Sri Lankan hill country with acres and acres of tea estates merged with beautiful old English architecture. It is the home of the famous Ceylon Tea and the rolling mountains are a carpet of velvety green tea plantations, interspersed with gushing streams and tumbling waterfalls. The salubrious climate, misty glens and the decidedly British character make Nuwara Eliya a must on any Sri Lankan travel itinerary. As an alternative to our journey by road, we may board the train at Kandy train station and take a scenic

train journey to Nanu Oya and then transfer by road to our hotel in Nuwara Eliya. A ride by local train to 'Little England' is one of the most picturesque rail journeys in the world. We journey through dark tunnels on winding tracks, past the beautiful scenery.

*Please note that the Railway Authority will only issue the tickets 10 days prior to our travel and we are only able to purchase them at that time. Due to limited seating there is a possibility we may not be able to obtain tickets. Should this be the case we will travel by road. It is important to note that the train is air-conditioned but basic, however the scenery en-route is magnificent.*

**Day 12 Nuwara Eliya.** After breakfast we take a tour of Nuwara Eliya and visit a tea plantation. Here we will be given a demonstration of how the tea leaves are plucked on a daily basis and sent to the factory to be processed. Enjoy a relaxing afternoon at leisure.

**Day 13 Beruwela.** After breakfast we journey from the hills to the sandy beaches of Beruwela stopping en-route at St Clair Waterfall and the

Government Rest House where the 'Bridge on the River Kwai' was filmed. We arrive at the Cinnamon Bay Hotel in the afternoon for our three night stay.

**Day 14 Beruwela.** This morning we head for a city tour of Galle and Galle Fort visiting a turtle hatchery en route. This living UNESCO World Heritage Site is the port where the Portuguese first landed in Sri Lanka in the 16th century and was then extensively fortified by the Dutch during the 17th century. The city still retains the air of old Holland and is to this date maintained by the Dutch. Littered with high end hotel properties as well as bustling cafes, Galle Fort is a world of its own. Return to the hotel in the afternoon for some time at leisure.

**Day 15 Beruwela.** Enjoy our last day in Sri Lanka either relaxing on the beach, enjoying the hotel's facilities or exploring independently.

**Day 16 Colombo to London.** Transfer to the airport for the return scheduled flight to London.

## DEPARTURE DATES AND PRICES PER PERSON

Based on double occupancy

15th to 30th Nov  
2017

10th to 25th Jan; 31st Jan to 15th Feb  
& 7th to 22nd March 2018

Twin: £3290  
Single: £3790

Twin: £3490  
Single: £3990

**Price Includes:** Economy class scheduled air travel, 14 nights hotel accommodation on breakfast and dinner basis as follows: 2 nights at the Cinnamon Grand Hotel Colombo in a Deluxe room, 4 nights at the Cinnamon Lodge Habarana in a Superior room, 3 nights at the Cinnamon Citadel Kandy in a Superior room, 2 nights at the Grand Hotel Nuwara Eliya in a Deluxe room, 3 nights at the Cinnamon Bay Beruwela in a Superior room, lunch on day 10, excursions as described, entrance fees, transfers, services of an English-speaking National Guide, Tour Manager, airport taxes, gratuities.

**Not Included:** Travel insurance, visa.

# YOUR ACCOMMODATION



Cinnamon Grand, Colombo - pool

## Cinnamon Grand, Colombo – Two nights

Situated in the heart of Colombo lies the five star Cinnamon Grand which offers many facilities that other hotels in the region do not, including a multitude of restaurants serving many cuisines ranging from Sri Lankan to a Steakhouse to a seafood restaurant. There is also the added convenience of Crescat Boulevard the adjoining three-storey up-market shopping mall. The air-conditioned deluxe rooms emphasise understated luxury and provide all you require for a comfortable and leisurely stay. Each room provides a minibar, tea and coffee making facilities, flat screen television, writing desk, full length mirror and a separate seating area. The bathrooms feature a bath tub with a shower, bath amenities, marble vanity tops and a large wall-mounted magnifying mirror. The ground floor pool at the hotel is possibly the largest outdoor pool in the city. Naturally heated by the warm rays of the sun, it overlooks four of the signature restaurants. The covered rooftop pool, part of the Angsana City Club & Spa Complex, has a protective screen to keep out harmful UV rays.



Cinnamon Lodge, Habarana - dinner by the lake

## Cinnamon Lodge, Habarana – Four nights

Habarana is the centre of Sri Lanka's cultural triangle that is made up of Anuradhapura, Polonnaruwa and Sigiriya; therefore the perfect epicentre to explore the glorious past of Sri Lanka. Sprawled over 27 acres of lush forested land, Cinnamon Lodge Habarana, is an exclusive hideaway. Rooting over 1700 trees, time stands still enabling guests to experience serenity and tranquillity while walking along the paths that lead up to the chalet-type rooms. The architect of the property derived inspiration from the glorious remains of Ritigala – a monastery that dates back to the 6th century. All 137 chalets are carefully prepared to provide absolute intimacy and comfort, making Cinnamon Lodge an all-suite resort with large rooms giving guests the luxury of space and indulgence. The 68 superior rooms overlook the lush vegetation of the Cinnamon Lodge Habarana. Spacious and comfortable, all rooms have a bedroom with living area, and feature bathrooms with a large shower area, well-stocked mini bar, tea and coffee making facilities and cable television. The country's finest foods are offered at the three restaurants that are renowned for delectable dishes ranging from local delicacies to international favourites.



Cinnamon Citadel, Kandy - overlooking the Mahaweli River

Being a truly eco-friendly resort, Cinnamon Lodge Habarana also offers the option of organic dining prepared from the produce of its very own organic farm. Unwind, relax and enjoy the bliss including body therapy and signature treatments at the Azmaara spa or swim in the large uniquely designed swimming pool.

## Cinnamon Citadel, Kandy – Three nights

Influenced by the old and inspired by the new, Cinnamon Citadel has fused retro chic design with the rich heritage of this ancient kingdom to breathe new life into the most stylish hotel in the hills of Sri Lanka. The Cinnamon Citadel is an ideal retreat for those seeking the treasures of this ancient city and for those seeking rest and relaxation in a peaceful setting. The 93 superior rooms which measure 423 square feet are equipped with all four star amenities. The interiors take on a mix and match of heritage red, with mustards and crimson to highlight royalty and majesty for which Kandy is renowned. There is a restaurant, bar and café on site and an outdoor swimming pool from where you can enjoy the breathtaking view of the Mahaweli River that flows along the periphery of the resort.



Grand Hotel, Nuwara Eliya - exterior



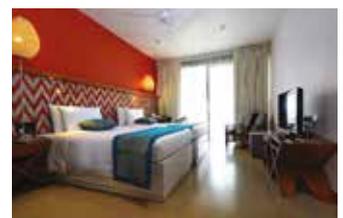
Grand Hotel, Nuwara Eliya - deluxe room

## Grand Hotel, Nuwara Eliya – Two nights

Located towards the central highlands of the country, the Grand Hotel is found tucked away in the misty hills of Nuwara Eliya. Famed as a popular holiday resort, the town is found at over 1800 metres above sea level. Built in the late 1800s, the Grand Hotel is a charming hotel that offers you the grandeur of yester years with the comfort of modern facilities. It is an excellent architectural structure of the Elizabethan era and is also the former mansion of Sir Edward Barnes who was the Governor of Sri Lanka during 1830-1850. Explore the beautiful laid out gardens as well as the beautiful surroundings of the hotel. The Grand Hotel in Nuwara Eliya offers comfortable and charming guestrooms which resonate the ambience of a bygone era. There are 154 deluxe rooms with beautiful views of the surroundings. Overlooking the beautifully manicured gardens the main restaurant of the Grand Hotel offers a vast spread for breakfast, lunch and dinner. The bar is a popular place where you can enjoy local and international spirits while mingling with friends and maybe enjoying some billiards as well. The coffee shop is located closer to the main restaurant and serves light meals and snacks. The Grand Hotel offers a sauna and massages to let you relax. Hotel services also include parking, laundry, room service, safety deposit boxes, wake-up calls, a 24 hour reception and also 24 hour security.



Cinnamon Bey, Beruwala - hotel and beach



Cinnamon Bey, Beruwala - superior room

## Cinnamon Bey, Beruwala – Three nights

Cinnamon Bey Beruwala is a luxurious getaway, a sprawling tropical Asian paradise fronted by a broad golden beach. The history of Beruwala dates back to the 10th century when the first permanent Arab settlements in Sri Lanka were noted to have been there, and it is this Turkish architecture that has been the inspiration of this resort that occupies the land of two older hotels that were demolished. The unique location of the resort gives it the possession of having both the bay and the beach as its view including a natural pool ideal and safe for swimming. This large five star resort features 200 spacious rooms. The 170 superior rooms measure 4200 square feet and are located in the left wing of the hotel with the breathtaking view of the azure Indian Ocean. The ambience of the rooms is designed to resemble that of the ancient Turkish architecture which is the overriding theme of Cinnamon Bey. Each room has a terrace/ balcony with a view of the garden and the sea beyond. The speciality of Cinnamon Bey Beruwala is the variety of dining venues, each with a view of the sea. An extensive range of outlets catering to varied palettes, using different culinary methods borrowed from myriad cultures around the world.



Tea Plantation, Talawakele, Nuwara Eliya, Hill Country

All special offers are subject to availability. Our current booking conditions apply to all reservations and are available on request.  
Cover image: Elephant and mahout in front of Sigiriya Lion Rock Fortress, North Central Province, Sri Lanka.

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## NOBLE CALEDONIA

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Cover image: Sunset at ancient temples of Polonnaruwa.