



EXOTIC LANKA HOLIDAYS

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PH: 1300 374 734



ATTRACTIONS, ACTIVITIES & EXPERIENCES – MS LEONIE NORTON

Date	Attractions Activities & Experiences	Helpful Hints
19/03/2019	<p>Pinnawala Elephant Orphanage:</p> <p>“Pinnawala Elephant Orphanage” is situated approx 90 km from Colombo. The orphanage was originally founded in 1975 by the Sri Lanka Department of Wildlife Conservation. It is aimed at providing care and protection for many of the orphaned baby wild elephants found wondering in the forests of Sri Lanka. Pinnawala Elephant Orphanage also places an emphasis on breeding and ongoing research for these gentle giants.</p>	<p>Opening hours are 8:30am to 5:30pm.</p> <p>Feeding times: 9:15am, 1:15pm, and 5:00pm - The babies are fed on milk in the mornings and allowed to roam freely on the 12 acres of grassland.</p> <p>Bathing times: 10.00am–12pm and 2:00pm-4:00pm - Each morning and afternoon the Elephants are walked 400 meters to the river Maha Oya for a two-hour bath. It is a great opportunity to see these giants playing and rolling in the mud with other elephants and interacting with their care takers.</p>
20/03/2019	<p>Polonnaruwa Ancient Kingdom:</p> <p>Polonnaruwa was founded in the 11th Century AD and was governed by many Kings. King Parakrambahu I's reign was considered the most significant for this ancient kingdom. During his reign (12th Century AD) this second Kingdom of Sri Lanka (after Anuradhapura) was known as the Golden Age of Polonnaruwa, as Parakrambahu ruled during an era where trade and agriculture was at its peak.</p>	<p>Opening hours 7am – 5pm.</p> <p>We recommend the best times to visit Polonnaruwa is early morning or either late afternoon.</p> <p>Allow approximately 2 hours for your visit.</p> <p>Wear light/cool clothing and comfortable walking shoes. Carry bottle of water, sunscreen, hat and a camera.</p> <p>Advised to have long pants & covered shoulders (Sleeveless, transparent & shorts are not allowed).</p>



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21/03/2019	<p>Sigiriya Rock Fortress:</p> <p>One of Sri Lanka's major attractions, the Sigiriya Rock Fortress was built by King Kashyapa (477-495 AD) for the purpose of protecting him from his rivals. An UNSECO World Heritage listed site, also known as the "Fortress in the Sky". The climb up to the top of the fortress doesn't only offer the reward of breathtaking views but there is so much to discover during your climb to the top.</p> <p>Highlights of the climb include water gardens, artistic frescoes, mirror wall, the lion gate and the magnificent views from the rock summit.</p>	<p>Opening hours are 7am–5pm.</p> <p>We recommend the best times to climb Sigiriya are early morning or late afternoon.</p> <p>Climb up the rock takes a person of average fitness approximately 1 hour. Climb down generally takes less time (approximately 45 mins). Allow approximately 2 hours for the whole experience.</p> <p>Wear light/cool clothing and comfortable walking shoes for the climb. Carry a bottle of water, sunscreen, hat and a camera.</p> <p>Archaeological Museum opening hours 7am – 5pm. Please allow approximately 1.5 hours to explore the museum.</p>



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21/03/2019	<p>Temple of Tooth:</p> <p>The Temple of Tooth Relic ("Dalada Maligawa" as known to the locals) is located in Kandy. This sacred temple is also home to the palm-leaf transcripts and its history dates back to 1687. This stunning piece of architecture is instantly recognised by its octagonal shape and golden roof. Although you are not able to view the actual tooth itself, the casket within which it is held is displayed twice a day.</p>	<p>Temple opening hours 6:00am – 8:00pm.</p> <p>We recommend that you wear light coloured clothing - preferably white attire, however not essential. Please wear clothing covering knees and shoulders, as a sign of respect. You will also be required to leave your shoes at the entrance before entering the temple.</p> <p>Cameras are allowed in the temple at no extra cost. For video cameras a permit is required which can be obtained at the entrance for around Rs 300).</p>
21/03/2019	<p>Cultural Show/Dance:</p> <p>A combination of up country & low country dance performances.</p>	<p>Show times: Daily 5:30pm – 6.30pm.</p> <p>Duration of show - 1 hour.</p>
22/03/2019	<p>Kandy Markets:</p> <p>Kandy offers a variety of shopping experiences. It has a shopping mall which is home to many boutique shops, numerous street markets well known for local fresh fruits, and local stores selling original and high-quality batik. The biggest shopping mall in Kandy is the Kandy City Centre where you will find a variety of outlets that sell international brands. The station road market is the biggest shopping market where you can buy goods at bargained prices.</p>	<p>Shops are open from 9.00am – 6.00pm</p> <p>At the Kandy Bazaar bargaining at smaller shops are acceptable, however in the larger stores such as the Kandy Malls prizes are generally fixed.</p>



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26/03/2019	<p>Tour of Galle:</p> <p>Galle, recognised as the Sothern Capital (116 km from Colombo) and is home to the popular Fort called "Santa Cruz", which is listed as a World Heritage Site by UNESCO. The Fort which was initially built by the Portuguese in 1619 has been expanded and further developed by the Dutch and the British. Galle was the main seaport of Sri Lanka before Colombo and still handles shipping and cruising yachts to present.</p> <p>During the tour of Galle, you will have the opportunity to visit Galle Fort, Old Dutch Church and Walk along the Rampart.</p>	<p>Tour of Galle takes approximately 1 hour.</p> <p>Additional time can be spent exploring sites in Galle. Kindly negotiate the additional time with your driver/guide.</p>
26/03/2019	<p>Cooking Class at Sonja's Restaurant (Conducted by Karuna)</p> <p>Experience Sri Lankan culinary by attending an authentic cooking class. During the class you will participate in the preparation of 5-6 authentic Sri Lankan dishes. Karuna will take you to the Galle Market to purchase the ingredients that would be required for the cooking class.</p> <p>Learn about common spices and techniques as you create your tantalising feast. At the end of the class sit back and enjoy the mouth-watering dishes just prepared.</p>	<p>Cooking class will be held from 11 am – 3.30 pm (approximately 4.5Hours).</p> <p>This includes time for shopping at the Galle Dutch Market for ingredients. (Approx 1 hour), preparation of meal (2 hours) and enjoying the cooked meal (1 – 1.5 hrs).</p>