



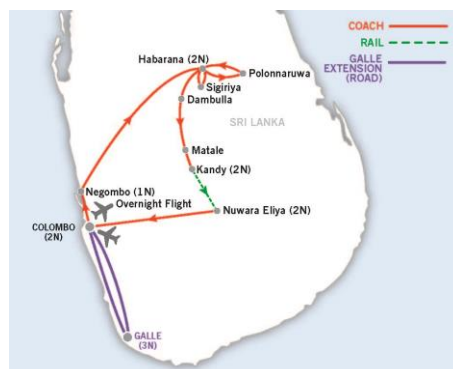
## Charms of Sri Lanka Tour Dossier

Deluxe Tour | 11 Days | Moderate

Sri Lanka is an enchanting land of beauty, diversity and unique culture that has long enthralled travellers. Venture amongst its timeless ruins, delicious gastronomy and incredible natural beauty to capture its essence for yourself.

### Highlights:

- **Sigiriya** - Spectacular rock fortress and UNESCO World Heritage listed site
- **Polonnaruwa** - Explore the ruins of this medieval capital built in the 11th century
- **Minneriya National Park** - One of the best places in Sri Lanka to spot large numbers of elephants
- **Kandy** - Capital of Sri Lanka's hill country and is the home of the Sacred Tooth Relic of Lord Buddha
- **Nuwara Eliya** - 'Little England'; set amongst mountains, valleys and tea plantations
- **Colombo** - Sri Lanka's commercial capital city and the country's political, economic and cultural centre



## Charms of Sri Lanka tour inclusions

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- Meals as stated on your itinerary
- All sightseeing and entrance fees
- All transportation and transfers
- English-speaking National Escort (if your group is 10 or more passengers)
- Visa fees for Australian passport holders

*The only things you may have to pay for are personal expenditure e.g. drinks, optional excursions or shows, meals not stated in the itinerary, insurance of any kind, tipping and early check in or late checkout. These are all payable locally.*

## Deluxe Tours

These tours have been meticulously designed with the more discerning traveller in mind. Our deluxe journeys through Asia feature distinctive and exclusive experiences which bring the region to life. Our exclusive collection tours include:

- Unique experiences
- Small group sizes
- Porter service to and from your hotel rooms
- A mid-tour Laundry service

## Moderate

'Charms of Sri Lanka' is a **moderate** tour. Moderate tours require a higher level of fitness and may include standard activities and longer periods of sightseeing. Easy walking, high altitude and overnight train journeys may feature. Anyone with a good level of fitness should be able to complete this itinerary.

Our National Escort and local guides will always endeavour to provide the highest level of service and assistance; however, they cannot be expected to cater for customers who are unfit to complete the itinerary.

## Country Profile: Sri Lanka

Sri Lanka is a beautiful island, with a 2,500m-high mountainous range, stunning waterfalls, endless tropical beaches and national parks full of amazing wildlife. Explore ancient cities, temples, monuments and architecture that reveal evidence of the former presence of the British Raj.

## Joining Your Tour

The tour is 11 days in duration including international flights. Travellers booked on 'Land Only' arrangements should make their own way to the starting point. Join the tour on Day 1 in Negombo and end the tour on Day 10 in Colombo. Please refer to your final itinerary for more specific meeting instructions pertaining to your departure.

## Itinerary Changes

It is our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate. In these circumstances, we will make the best possible arrangements whilst maintaining the integrity of your trip.

## Extension Options

To complement your group tour, an extension to the historic city of Galle can be added at an additional cost. Information for this extension can found below or included in our India brochure. If you have any questions regarding the extension, please contact our reservations department.

## Important Information Regarding Flight Delays

Due to unforeseen circumstances, flights can be delayed, and therefore connecting flights may be missed. If you find yourself in this situation, please contact our Sri Lanka office on **+94 (0) 777 358 737** (24 hours) to urgently advise your arrival details have changed. Please ensure you have your trip number, tour name (both included in your final documentation) and new arrival details (flight number and arrival time) handy to pass on to our local office in Sri Lanka. This will ensure your National Escort/Local Guide can be informed of your most up to date information and ensure someone is at the airport to meet you on arrival.

If we are not advised of late changes and missed connections, Wendy Wu Tours cannot guarantee someone will be able to meet you upon arrival in Sri Lanka as our local office will have no way of knowing which flight you will be arriving on. Wendy Wu Tours will not be responsible for providing reimbursement of transportation costs from the airport to your hotel in the event that our local office was not advised of changes to arrival times.

## Charms of Sri Lanka Itinerary

### DAY 1: AUSTRALIA TO NEGOMBO VIA COLOMBO

Fly with Singapore Airlines to Colombo. Upon arrival, you will be met and transferred to Negombo for an overnight stay. Your National Escort/Local Guide from Wendy Wu Tours will meet you at the Bandaranaike Airport in the Arrivals Hall tonight. Together with any other group members who may be arriving at a similar time, you will transfer (45 minutes) to your hotel and check-in.

*In the event of flight delays or changes to arrival times, please see the previous page for details as to what to do in this circumstance.*

*No meals are included today*

### **Destination Information**

**Negombo** - Negombo was once an important commercial trade centre, well known for offering the best cinnamon in the world. Negombo was one of the first towns taken by the Portuguese, only to be captured by the Dutch in 1640 and then recaptured by the Portuguese some months later. The British eventually took control of the town in 1796.

### DAY 2: NEGOMBO TO HABARANA – SIGIRIYA ROCK FORTRESS

This morning a tour introduction will either be held in the hotel or on the coach. There will not be food or drinks served at this meeting; it is simply an opportunity for your group to meet and learn more about travelling in Sri Lanka.

After breakfast, travel approximately 4-5 hours (150km) to Habarana for a two-night stay. This road is bumpy at times due to continual road construction. Upon arrival, drive to nearby Sigiriya and tour the Rock Fortress, also known as Lion Rock. There are many steps, most with railings leading up to the top of the Rock Fortress so extra care is needed here. Please ensure you bring plenty of water with you today and you wear a hat for sun protection. The ascent involves a very steep climb, so those who are unfit may have some difficulty. Beware of local 'helpers' as they may charge a fee for their assistance. You will spend approximately 2 hours here climbing the Lion Rock and touring the surrounding gardens. This evening enjoy a unique dining experience at a Paddy Museum at a nearby resort.

*Meals included: Breakfast and dinner*

### **Destination Information**

**Habarana** - A small village located in the heart of Sri Lanka's Cultural Triangle, ideally located to many of the main tourist sites in the area.

**Rock Fortress** - Built by King Kashyapa, the rock fortress is also known as the 'Lion Rock' because a massive lion carved out of the rock once sat at the entrance to the palace. Today only the lion's paws remain. On the summit are the foundations of the Royal Palace built for King Kashyapa, along with a pool, sunrise-facing throne constructed from solid rock and panoramic views of the town below. You will

also see the three distinct landscaped gardens; the Water Gardens, Boulder Gardens and Terrace Gardens.

**Paddy Museum Dinner** - Situated on the veranda of a Paddy Museum, this speciality restaurant features Sri Lankan cuisine with a rustic and simple ambiance. Meals are prepared in a traditional village kitchen; in clay pots and on traditional clay stoves and served in a traditional manner. The seating is simple and comfortable with charming views of paddy fields and fruit trees. An educational and interesting array of paddy cultivating artefacts is displayed in the museum.

### **DAY 3: HABARANA – POLONNARUWA AND MINNERIYA NATIONAL PARK**

Drive approximately 1.5-2 hours and discover the UNESCO World Heritage listed site of Polonnaruwa this morning.

There will be approximately 2 hours of easy sightseeing on foot while exploring the palace and temples - refer to **Appropriate Dress** section below. Continue to Minneriya National Park and embark on a jeep safari, approximately 3 hours in length. Another special experience awaits you this evening! Indulge in a procession of delicious gourmet dishes as you dine in a torch and candle lantern lit cave.

*Meals included: Breakfast and dinner*

#### **Destination Information**

**Polonnaruwa** - Polonnaruwa was the capital of Sri Lanka from the 11th to the 13th centuries and is a well-preserved city of stupas, frescoes and statues. Visit the ruins of the Royal Palace, Audience Hall and the Bathing Pool in the Royal Palace group, along with the Thivanka Image House, which possesses the best frescoes from the Polonnaruwa period. Also tour Gal Vihara, a magnificent group of rock temples consisting of four separate statues; a meditating Buddha, a smaller Buddha said to be visiting heaven, a standing Buddha and the reclining Buddha entering Nirvana, which is 14 metres long.

**Minneriya National Park** - Centred around the ancient Minneriya Tank, built by King Mahasen in the 3rd century AD, this national park is one of the best places in Sri Lanka to spot elephants.

### **DAY 4: HABARANA TO KANDY**

Depart Habarana this morning and drive approximately 3-3.5 hours (95km) to view the Dambulla Rock Temple. The temple is made up of five decorated caves and has two main viewing areas consisting of approximately 800 steps. You will spend 1.5 hours sightseeing on foot with light climbing of steps involved. Continue the town of Kandy,

stopping to visit a spice garden in Matale for lunch. This afternoon explore Kandy, the last capital of the Sri Lankan kings.

*Meals included: Breakfast and lunch*

#### **Destination Information**

**Spice Garden** - Sri Lanka is famous for its spices, and today you will visit a spice garden where cinnamon, cardamom, pepper creepers and other spice trees are planted. Learn how spices are grown and processed before having lunch.

**Kandy** - Kandy is situated 500m above sea level and is known for its culture and beauty. It is a sacred Buddhist city, famous for the Temple of the Sacred Tooth Relic, Dalada Maligawa. Each year the tooth relic is honoured in Esala Perahera, a religious parade with elephants, drummers and dancers performing in the streets.

### **DAY 5: KANDY**

This morning participate in an authentic Sri Lanka culinary experience in a colonial-style home with a local family. Later, explore the city of Kandy. Visit the Temple of the Sacred Tooth Relic (where there are small amounts of steps and the temple can be very crowded during daily prayer services) before continuing to a gem museum and enjoy a stroll through a local market. This evening view a colourful cultural show. This evening you will be given a coupon that you can use to dine in either of the two main restaurants, Far Pavilions Restaurant or the Royal Spice Indian Restaurant, located in the hotel.

*Meals included: Breakfast, lunch and dinner*

#### **Destination Information**

**Sri Lankan Home Experience** - You will be met with welcome drink of either fresh fruit juice or local beer before sitting down at dining table to share an authentic meal with the family. Dishes may include fish, chicken or prawn curry, green mangoes in a Sri Lankan spiced gravy, mallung (raw greens tossed in coconut, onion and lime), paripu (lentils), bandakka (okra stir fried with spices and coconut milk) and red rice (a staple of Sri Lankan cuisine) followed by a desert of fresh tropical fruit. Local Ceylon Tea and coffee will be served upon request, the coffee is brewed from beans grown organically on the family plantation.

**Temple of the Sacred Tooth Relic** - The temple houses an important Buddhist Relic, a tooth of the Buddha. Stolen at his funeral, the tooth was smuggled into Sri Lanka hidden in the hair of a princess who fled from India. The relic of the tooth is kept in a two-storey shrine fronted by large elephant trunks.

### **DAY 7: KANDY TO NUWARA ELIYA**

Enjoy the morning free at leisure before driving to Peradeniya railway station to board a train to Nanu Oya (train journey approximately two hours). Travel by coach to Nuwara Eliya and check into your deluxe hotel for a two-night stay. Later partake in a high tea experience, where you can sip on a cup of Ceylon tea while enjoying some sweet and savoury delicacies.

*Meals included: Breakfast only*

Please note: a separate coach directly to Nuwara Eliya will transport your group luggage. Please pack all necessary medication and anything you will need for today's touring in your daypack.

**N.B: As our train is a day train, our seats will be in an AC Chair Car. More than likely you will not be able to purchase any food or drink on the train, so if you need snacks make sure to pre-purchase them before boarding. The train carriages are shared, so at all times please be aware of your belongings.**

#### **Destination Information**

**Nuwara Eliya** - Situated at 2,000m above sea level, Nuwara Eliya is the main hill station of Sri Lanka and is known as 'Little England', as it resembles an English country town. It is considered an excellent location for tea production due to the cool climate, which creates tea with a unique flavour.

### **DAY 7: NUWARA ELIYA**

This morning visit a tea plantation where you can tour the tea factory to learn more of the tea process from plucking to packaging. Later commence a tour of Nuwara Eliya and visit Gregory Lake and Victoria Park. In the evening, partake in a fine-dining experience with a difference! Enjoy a six-course meal in a converted train carriage used to transport tea from Nuwara Eliya in the 1950's.

*Meals included: Breakfast and dinner*

#### **Destination Information**

**Tea Factory and Tea Plantation** - During your visit you will observe the process of manufacturing tea, and learn how tea is graded. You will also have the opportunity to taste a cup of pure Ceylon tea.

**Railway Carriage Restaurant** - From the moment the railway master blows his whistle to welcome you aboard, you know that you are in for a unique dining experience. Dine in a converted third-class carriage of the Udapussellawa narrow-gauge railway line, once used to transport tea.

Visit [wendywutours.com.au](http://wendywutours.com.au)

### **DAY 8: NUWARA ELIYA TO COLOMBO**

Depart the lush green rolling hills of Nuwara Eliya and travel 6 hours (168km) to Colombo. Upon arrival, enjoy some time at leisure to relax or do some independent exploration of Colombo. In the evening head to the Gallery Café, housed in the former office of world-renowned Sri Lankan architect, the late Geoffrey Bawa, for dinner.

*Meals included: Breakfast and dinner*

#### **Destination Information**

**Colombo** - The formal capital city and the business and commercial centre of Sri Lanka. Originally a small sea port, Colombo became prominent in the 15th century with the arrival of the Portuguese. The Dutch later arrived in the 16th century but it wasn't until the British arrived in the late 18th Century that Colombo developed into a major city.

### **DAY 9: COLOMBO**

This morning commence a tour of the city in World War 2 era jeeps. Enjoy this unique experience as you explore the city in the open-topped vehicles. Sightseeing today includes the Old Dutch Hospital, Old Parliament, Old Colombo Lighthouse, Slave Island and National Museum amongst others. In the evening, proceed to the coveted Ministry of Crab for a farewell dinner.

*Meals included: Breakfast and dinner*

#### **Destination Information**

**Old Dutch Hospital** - Considered to be one of the oldest buildings in Colombo, it has been lavishly restored and is now one of the most popular shopping and dining precincts in the city.

**Old Parliament** - Built the 1930s during the British colonial era, the new-Baroque style building originally housed the Legislative Council of Ceylon.

**Old Colombo Lighthouse** - Located in the South Port of Colombo, the lighthouse was built in 1952 and opened by the first Prime Minister of Ceylon.

**Ministry of Crab** - Friends and fellow foodies, Mahela Jayawardene, Kumar Sangakkara and Dharshan Munidase decided to create Ministry of Crab as a celebration of Sri Lanka's seafood. With classic dishes such as Chilli Crab and Baked Crab on the menu, as well as a host of other dishes to please all palates (including non-seafood and vegetarian options), Ministry of Crab is a total culinary experience.

Call 1300 727 998 to speak to a Reservations Consultant

### **DAY 10: DEPART COLOMBO**

Today is a free day to further explore the vibrant city of Colombo independently. You will have a late check-out this evening before being transferred to Bandaranaike Airport to board your onward flight home.

*Meals included: Breakfast only*

### **DAY 11: ARRIVE AUSTRALIA**

Arrive home.

### **GALLE EXTENSION (OPTIONAL, AT AN ADDITIONAL COST)**

#### **DAY 10: COLOMBO TO GALLE**

Depart Colombo and begin the 2 hour (130km) drive to Galle to embark on a walking tour with a local guide, consisting of 2 hours on foot. Visit such sites as Galle Fort, the lighthouse, the Dutch Museum and the Dutch Reformed Church while learning about the history and colonial culture of the area. After some free time to explore the fort, proceed to your hotel for a three-night stay.

*Meals included: Breakfast and lunch*

#### **Destination Information**

**Galle Fort** - Built by the Portuguese in 1588, it was fortified by the Dutch during the 17th century. Covering 36 hectares, the fort contains an amazing number of buildings from over the years. Considered one of the best examples of a

fortified city built by Europeans in Asia, it was recognised as a UNESCO World Heritage listed site in 1988.

**Galle Lighthouse** - Located in Galle Fort, the lighthouse is one of 14 left in Sri Lanka and is considered the oldest.

**The Dutch Reformed Church** - Originally founded in 1640, the present building dates from 1752 to 1755. The floor of the church is covered with granite tombstones and there is a small graveyard on the premises.

#### **DAYS 11-12: GALLE**

Enjoy two days at leisure to further explore the area independently or spend the day relaxing at the hotel.

*Meals included: Breakfast only*

#### **DAY 13: GALLE – DEPART COLOMBO**

Check-out of your hotel this morning and spend some time at leisure before being transferred 3 hour (152km) back to Bandaranaike Airport in Colombo to board your onward flight home.

*Meals included: Breakfast only*

#### **DAY 14: ARRIVE AUSTRALIA**

Arrive home today.

## **CHARMS OF SRI LANKA TRAVEL INFORMATION**

### **Visas**

Entry visas are required by all visitors to Sri Lanka and the Wendy Wu Tours Visa Department can assist you with the process of obtaining a visa which is due 75 days prior to departure. Please be advised that your passport must have at least 6 months validity left on it when you arrive back into Australia.

The Sri Lankan visa is an ETA (Electronic Travel Authorisation), the price of which is included in your fully inclusive package (for Australian passports only) and is applied for online by Wendy Wu Tours. Once completed, Wendy Wu Tours will print this and include it with your final itinerary and documentation. You will need to keep the ETA with your passport and present to authorities upon entry into Sri Lanka.

If you have not purchased the fully inclusive package, which includes the Sri Lankan ETA, you will need to apply for this and purchase it yourself

### **Insurance**

We strongly encourage all customers to take a copy of their travel insurance documents (especially relevant international contact numbers) with them while on tour. We advise that you check the inclusions and procedures for lodging claims prior to your departure. These documents should be stored separately from the originals.

## Eating in Sri Lanka

Sri Lanka is home to a melting pot of cuisine. Throughout years of colonisation and influence from other countries and a history of spice trading, Sri Lankan has adapted its own distinct flavor. While travelling in Asia, it is important to keep an open mind and be adventurous. Meals as outlined in the below itinerary (excluding drinks) are included in our Spirit of Sri Lanka group tour. Please be aware that dishes selected for your meals reflect the cooking styles and signature dishes of the local area you are in.

Dishes served in restaurants on our group tours are varied. Some will be vegetable-based with meat mixed in, and a few will be meat-based. Our restaurants are well aware of the western palate – there are plenty of non-spiced options.

When eating meals on group tours, you will be seated around a circular table with other tour members. Dishes will be served in the traditional 'family style'; meaning that various dishes will be laid out in the centre of the table top. These dishes are intended to be shared amongst the group – there is always more than enough to feed everybody.

We recommend that when it comes to Sri Lankan food, you stay open-minded and try to be adventurous!

## Accommodation

All group tour hotels have private western bathroom facilities, air conditioning, TV and a telephone. Plumbing and electricity supplies can be erratic and quite often the power in hotel rooms is turned off while guests are out of the room. If you experience any difficulty, please speak to your National Escort/Local Guide.

Your accommodation has been selected for convenience of location, comfort or character, and can range from a business hotel in one city to a family-run guesthouse in a smaller town or a heritage-type hotel. In remote areas, accommodation may be of a lower standard and may not have western amenities. Hotels are generally rated as local five-star standard, but do please note that there is no international classification system for hotels and differences in facilities and quality do exist between Australia and Sri Lanka. Rest assured that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards are met. Please note double bed requests can be made at time of booking but cannot be guaranteed.

## Early Check-In/Late Check-Out

Early check-in is not included in our Sri Lankan group tours. If you wish to add early check-in to your booking, please contact our reservations department who can confirm additional pricing and make this arrangement for you, subject to availability at the hotel. Late check-out is included in this group tour for passengers travelling on our fully inclusive package in the last hotel of stay.

## Transport

**Coaches:** Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary. Main and inner city roads in Sri Lanka have a reputation for being very congested. For this reason, it may not always be possible to return to your hotel after sightseeing to freshen up before going to the restaurant for dinner. Roads in Sri Lanka have generally been improved over recent years, but traffic and/or weather conditions may extend driving times. Road construction work usually covers an enormous section of road - not just one or two kilometres as you may be used to. For this reason, the timings listed in the sections below are approximations only.

Please note that seatbelts are not compulsory by law in Sri Lanka and therefore people largely choose not to wear them. For this reason some vehicles may not be fitted with seatbelts or they may be hidden underneath protective seat covers. It is recommended that where seatbelts are available customers must use them and remain seated at all times while the vehicle is moving. If you have any concerns, please notify your National Escort/Local Guides.

## Development in Sri Lanka



Although Sri Lanka is developing quickly, it still lacks the international standards of civil infrastructure and tourist facilities. Concepts of personal responsibility are also different to those in Australia. Consequently, tourist and public facilities may not uphold the same safety standards as in Australia; for example, you may see a hole in the road without a warning sign or safety barricade. All of our suppliers meet local safety standards as a minimum. We want you to have an enjoyable holiday so we ask that you take extra care, use your common sense, refer to notices and follow advice from your National Escort/Local Guides.

## Souvenirs

We want to be able to give you an opportunity to buy souvenirs so we include some stops at museums or exhibitions that demonstrates a craft or product unique to that region with pieces available to buy. We understand that souvenir hunting is not for everyone so we aim to take you to places that hold local interest. We trust you will enjoy these opportunities to learn about local arts and crafts and understand their historical and cultural importance.

## Group Size

Most of our groups consist of 10 travellers or more and will be accompanied by a National Escort. There will usually be no more than 18 travellers in each group although you may encounter other Wendy Wu tour groups while you are travelling.

All our departures are guaranteed to operate with a minimum of 8 travellers booked (unless cancelled due to factors beyond our control). However, at our discretion we may operate departures with a smaller group size as we try to operate advertised departures wherever it is viable to do so. For groups with fewer than 10 travellers, departures will operate with Local Guides.

## Tipping Policy

Tipping while on holiday is a firm and expected element in the tourism industry and Sri Lanka is no exception. To remove the uncertainty and stress of not knowing how much is appropriate to tip or to whom, Wendy Wu Tours operates a tipping policy for our group tours where a nominated tipping amount is paid upon commencement of the programme by each tour member. This amount is stated in all group pricing, however it is not collected in your final payment received by Wendy Wu Tours.

This nominated tipping amount is to be given to your National Escort at the beginning of your tour, who will then distribute it amongst your main service providers – guides, drivers and attendants – on your behalf during the tour. Any other tipping, such as tips for bathroom attendants or hotel porters that are taking luggage to your room, is at your discretion based on satisfaction of services received, as are gratuities for additional requested special services.

The tipping amount is determined based on the total number of passengers travelling in the group. The amount is designed to be at a reasonable level for travellers while being fair to the local people and includes a gratuity for the National Escort. The final tipping amount will be outlined in your final documentation, which is distributed 2 weeks prior to your tours departure.

## Packing List and Climate

You will find a complete packing list and a helpful climate chart in the 'Suggested Packing List', which will be included in the pre-departure information link sent within your deposit documentation. Seasonal weather patterns can be quite unpredictable. Up to the minute information on worldwide weather can be found on [www.weather.com](http://www.weather.com).

## Luggage

All travellers are limited to two items of luggage each; a suitcase with a maximum weight of 20kgs and one piece of hand luggage with a maximum weight of 7kg. It is essential that your luggage is lockable. Please note that authorities will only allow bottles onto the aircraft if they have been checked in as main baggage. Bottles in hand luggage may be confiscated.



## Exchanging Cash

It is highly recommended that when travelling to cities outside of Colombo and other main cities that extra care and attention is paid when exchanging money. US Dollars are easily exchanged throughout Sri Lanka however, other currencies such as Australian Dollars can generally be exchanged in hotels and airports provided notes are new and undamaged. We suggest exchanging your money before travelling to remote areas and smaller towns, as exchange facilities can be limited. Your National Escort/Local Guide will remind you to do this before departure.

## Personal Expenses & Optional Tours

You will need to take some extra money to cover drinks, laundry and souvenirs, plus any additional sightseeing that may be offered to you. Based on the advice of previous customers an approximate amount of AU\$250 per week should be sufficient; however for those that cannot resist a bargain, consider allocating a higher amount.

Optional tours may be offered in each city you visit during your tour at an additional cost. These are not included in the standard itinerary and will only be available if time permits. Each option will be arranged locally by your National Escort/Local Guide.

## Climbing Steps

Sightseeing at nearly all of the palaces, fortresses and some temples involves climbing quite a number of steps. These palaces were built to provide defense against potential invaders so nearly all of them stand on top of a hill, while the interiors have layers of narrow hallways and steps to slow down the advance of enemies once they were inside. The steps tend to be quite large, not level and sometimes without handrails. Hindu and Buddhist temples or pagodas also tend to be built at an elevation, as this is the most auspicious position according to ancient beliefs. This means you sometimes need to walk from the bus park to the entrance, and/or need to climb some steps inside.

People with knee or hip injuries, who have poor balance or are otherwise unable to complete these activities independently should consider the suitability of this itinerary carefully.

## Appropriate Dress

When visiting temples or mosques, both men and women should dress in conservative, non-revealing clothing. Full-length trousers with a shirt or t-shirt for men; and pants or skirts well below the knee with a top that covers the shoulders and upper arms for women. Women might also consider carrying a 'modesty shawl' in their daypack – this could be a sarong or light scarf – which they can wear over their shoulders and heads to feel more comfortable while sightseeing at mosques. When visiting Jain temples, you must not wear or take in any leather items such as belts, watches, camera straps, purses and shoes.

Religious sites and homes throughout Sri Lanka – for Hindus, Jains, Sikhs, Muslims or Buddhists to name a few – require all visitors to remove their shoes to enter. Even if you then need to walk outdoors, over hot or rough ground, you will not be allowed to wear shoes. You will often find shoe storage rooms near the entrance of a site where it is customary to leave your shoes near the entrance. Occasionally there are 'shoe minders' who will offer to keep your shoes safe for a 'tip' – this is not compulsory so each customer can choose to tip for this service or not. If you do not want to remove your shoes, you will have to remain outside.

We recommend shoes that easily slip on and off, and carry a pair of thick, old socks in your daypack, which you can wear to protect your feet from any rough or hot surfaces. The following itinerary will indicate when you need to consider this.

## Vaccinations and Your Health

Visit [wendywutours.com.au](http://wendywutours.com.au)

Call 1300 727 998 to speak to a Reservations Consultant

We recommend that you contact either your GP or Travelvax (1300 360 164) for advice on vaccinations and travel health. Travelvax has a comprehensive website that you may also find useful [www.travelvax.com.au](http://www.travelvax.com.au).

### **Before You Leave**

We strongly recommend registering your travel plans with [www.smartraveller.gov.au](http://www.smartraveller.gov.au) as in the event of an emergency, Australian Consular assistance will be more readily available. You can also access the Australian Government's travel advisory service for up to date information about your destination on the same website

### **After your booking**

Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice with deposit documentation via email. This includes important information and links to access the visa application form and instructions sheet online (if applicable). Your final documentation pack will be sent to you approximately 2 weeks prior to departure.

**Updated: 03 May 2017**