



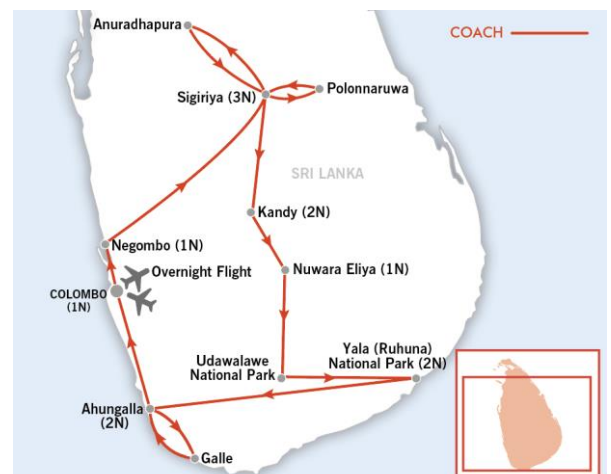
Highlights of Sri Lanka Dossier Classic Tour | 14 Days | Moderate

Negombo – Sigiriya – Kandy – Nuwara Eliya – Yala National Park – Ahungalla – Colombo

Marvel at magnificent temples, see the World Heritage Rock Fortress at Sigiriya, search for elephants and other wild animals at Yala National Park, discover the fascinating caves at Dambulla and explore the ruined cities of Polonnaruwa and Anuradhapura.

TOUR HIGHLIGHTS:

- Climb Sigiriya Rock Fortress
- Explore ancient Sinhalese ruins
- Admire Dambulla's cave art
- Visit Kandy's sacred temple
- Safari with elephants
- See Galle's historic fort



Highlights of Sri Lanka tour inclusions

- Return international flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- All meals
- All sightseeing and entrance fees
- All transportation and transfers
- English-speaking National Escort (If your group is 10 or more passengers)

Personal expenditures e.g. drinks, optional excursions or shows, insurance of any kind, customary tipping, early check in or late checkout and other items not specified on the itinerary are at your own expense.

Classic Tour

These tours are designed for those who wish to see the iconic sites and magnificent treasures of Sri Lanka on an excellent value group tour whilst travelling with like-minded people. The tours are on a fully-inclusive basis so you'll travel with the assurance that all your arrangements are taken care of. You will be accompanied by our dedicated and professional National Escort/Local Guides, whose unparalleled knowledge will turn your holiday into an unforgettable experience.

Moderate Tour

'Highlights of Sri Lanka' is a moderate tour. This means that the itinerary requires a good level of fitness.

- There will be sightseeing on foot for both short and extended periods of time
- Sightseeing at nearly all of the palaces, fortresses and some temples involves climbing quite a number of steps, often without handrails
- You may be required to get on and off various sizes of boats, rickshaws and safari vehicles throughout the tour

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 14 days in duration including international flights.

Travellers booked on 'Land Only, the price includes visa fees and your arrival/ departure airport transfers if arriving/departing on the start and conclusion date of your tour. Please advise your international flight times to reservations. Join the tour on Day 1 in Colombo and end the tour on Day 13 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 maintaining the integrity of your trip.

Important Information Regarding Itinerary Changes and 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.

Highlights of Sri Lanka Itinerary

DAY 1: AUSTRALIA TO NEGOMBO VIA COLOMBO

Fly to Colombo. Upon arrival, your National Escort or Local Guide from Wendy Wu Tours will meet you at Bandaranaike Airport in the Arrivals Hall and transfer you to Negombo for an overnight stay. 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.

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 SIGIRIYA

This morning a tour introduction will either be held in the hotel or on the coach. After breakfast, travel approximately five hours to Sigiriya for a three night stay. This road is bumpy at times due to continual road construction. Upon arrival, 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 and the ascent involves a very steep climb so extra care is needed here. Please ensure you bring plenty of water with you today and you wear a hat for sun protection. Beware of local 'helpers' as they may charge a fee for their assistance. You will spend approximately two hours here climbing the Lion Rock and touring the surrounding gardens.

Destination Information

Sigiriya - The ancient city of Sigiriya lies at the 180m summit of the granite peak known as the 'Lion's Rock'. One of the most dramatic sites in Sri Lanka, it was declared a UNESCO World Heritage site in 1982.

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.

DAY 3: SIGIRIYA TO POLONNARUWA

Drive approximately one and half to two hours and discover the UNESCO World Heritage listed site of Polonnaruwa this morning. There will be approximately two hours of easy sightseeing on foot while exploring the palace and temples - refer to **Appropriate Dress** section below. Return to Sigiriya.

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.

DAY 4: SIGIRIYA TO ANURADHAPURA

Drive approximately three hours to Anuradhapura and explore the magnificent ancient city. Exploration of this ancient city involves approximately four hours on foot. Visit the Bo Tree before returning to Sigiriya, where the remainder of the afternoon is free at leisure.

Destination Information

Anuradhapura - One of Sri Lanka's most ancient cities. The city's greatest treasures are its dagobas; domes enshrining sacred relics. The most notable is the Ruvanveliseya Dagoba, dating back to the 2nd century BC. Also visit the Jetavanaramaya, the largest dagoba in the world, and the Thuparamaya, said to contain the collarbone of Buddha, and the first dagoba built in Sri Lanka.

Bo Tree - The most renowned Buddhist relic is the sacred Bo Tree. It is said that Emperor Asoka's daughter brought to Anuradhapura a branch of this tree, under which Buddha is said to have gained enlightenment. Planted over 2,250

years ago, it is the oldest surviving historical tree in the world.

DAY 5: SIGIRIYA TO KANDY

Depart Sigiriya this morning and drive approximately 45 minutes 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 one and a half hours sightseeing on foot with light climbing of steps involved. Continue one and a half hours to the town of Kandy, stopping to visit a spice garden in Matale, where there is easy sightseeing on foot for approximately one and a half hours. Drive a further hour to Kandy and check into your hotel.

Destination Information

Dambulla Rock Temple - Dating back to the 1st century BC, the famous Dambulla Rock Temple is made up of five caves that have been converted into shrine rooms containing around 150 Buddha statues and colourful frescoes. In the first cave you will see the 14m statue of Buddha cut out of the rock. At the Buddha's feet are Ananda, the most loyal disciple, as well as other seated Buddhas nearby. The second cave is the largest, also known as the Cave of the Great Kings, where there are 16 standing and 40 seated statues of Buddha. The frescoes on the ceiling depict scenes from Buddha's life and important events from the country's history. Inside the cave is a spring created from the drips from the ceiling, which is said to have healing powers and is used in sacred rituals.

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.

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 6: KANDY

Drive approximately one hour to the Peradeniya Royal Botanical Gardens, the largest botanical gardens in Sri Lanka. After some time to explore the beautiful grounds, there will be a picnic lunch served within the grounds. Later tour the city of Kandy, which involves approximately four hours sightseeing. Visit the Temple of the Sacred Tooth Relic before continuing to the remains of the Royal Palace. The temple can be very crowded during daily prayer services. This evening watch a cultural dance show.

Destination Information

Peradeniya Royal Botanical Gardens - The largest botanical gardens in Sri Lanka. Here you will see a collection of ornamental plants used to produce spices.

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.

Remains of the Royal Palace - Now the National Museum, the primary exhibits are in the Palle Vahala, the former Queens Palace, and consist of weapons, jewellery, tools and other artefacts.

DAY 7: KANDY TO NUWARA ELIYA

Say goodbye to Kandy as you begin the three hour drive to Nuwara Eliya, visiting a tea plantation and tea factory on route. In the afternoon explore Victoria Park and wander the city centre to see the colonial buildings.

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 to be an excellent location for tea production due to the cool climate, which creates tea with a unique flavour.

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.

Victoria Park - A beautiful public park located in Nuwara Eliya. The park is also an excellent place for bird watching, as there are a number of rare birds here.

DAY 8: NUWARA ELIYA TO YALA NATIONAL PARK

Depart the green hills of Nuwara Eliya and travel to approximately five hours to Udawalawe, where the Elephant Transit Home is located. Here you will tour the area and learn about the care of orphaned and abandoned baby elephants.

Drive a further two to three hours to Yala National Park and check-in for the next two nights. The road leading into the park is very bumpy and full of potholes, and has the National Park surrounding the road. This evening is free at your leisure.

Destination Information

The Elephant Transit Home - The home cares for abandoned and orphaned baby elephants, providing them with food, shelter and medical care before they are released into the Udawalawe National Park.

DAY 9: YALA NATIONAL PARK

Today there will be a morning and evening jeep safari through Yala National Park, Sri Lanka's most famous national park, each safari is approximately three hours in length. Please note there are no toilets available during the park excursions.

Please note: Your passports are required in order to gain entry into National Parks so please ensure you bring them with you today.

Destination Information

Yala National Park - Yala is the largest National Park in Sri Lanka, and is most famous for its herds of elephant. It is also home to a large number of other wild animals, including boars, buffalos, leopards, bears, dears and crocodiles.

DAY 10: YALA NATIONAL PARK TO AHUNGALLA

Depart Yala and drive approximately four and half hours to Ahungalla. On the way, stop and visit the Hummanaya Blowhole, Mulkirigala Rock Temple and Dikwella Wewurukannala Temple. After lunch stop to view the famous stilt fisherman at Welligama. Upon arrival in Ahungalla, check into your hotel for a two night stay.

Destination Information

Hummanaya Blowhole - The second largest of the six large blowholes in the world, located at the top of a fissured cliff about 20m above sea level.

Mulkirigala Rock Temple - This cave temple contains Buddha figures surrounded by wall paintings depicting scenes from the life of Buddha.

Dikwella Wewurukannala Temple - One of the most remarkable Buddhist temples in Sri Lanka. The temple is dominated by the largest Buddha statue in the country, which stands at 50 metres high.

Welligama - Stop to view the iconic stilt fishermen of Sri Lanka. A tradition kept alive by only 500 families, the fishermen balances two metres above the water on a cross bar tied to a vertical pole, planted underwater. With one hand, they hold the stilt and the other their fishing rod. A truly remarkable sight!

Ahungalla - A small coastal town located in the Galle district, Ahungalla is the perfect spot to relax and admire the sandy beaches.

DAY 11: AHUNGALLA TO GALLE

Drive approximately half an hour to Galle to embark on a walking tour of this fascinating city. Visit such sites as Galle Fort, the lighthouse, the Dutch Museum and the Dutch Reformed Church. Today will include easy sightseeing in the Old Town and Dutch Fort, consisting of approximately two hours on foot.

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 - Stunningly located on the edge of 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.

DAY 12: AHUNGALLA TO COLOMBO

Enjoy the morning at leisure before driving approximately one and a half hours to Colombo, stopping en route to visit Kosgoda Turtle Hatchery. Upon arrival in Colombo, check into your hotel for an overnight stay.

Destination Information

Kosgoda Turtle Hatchery - Home to Sri Lanka's pioneering sea turtle conservation, established in 1981.

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.

DAYS 13-14: COLOMBO TO AUSTRALIA

Tour the vibrant city of Colombo today. Discover the Fort District, stroll Pettah Market and visit the Dutch Church of Wolvendaal. Also explore the Kelaniya Buddhist Temple and the Colombo and Natural History Museums. This

morning will entail easy sightseeing, approximately three hours. The remainder of the day is at leisure

A late check out until 18:00 is included, this evening you will be a met and transferred to Bandaranaike Airport to board your overnight flight to Australia.

Destination Information

Fort District - Having been ruled by the Portuguese, the Dutch and the British, the Fort District is a treasure trove of grand old colonial architecture. Now the city's cosmopolitan central business district, the Fort District was the centre of both the British and the Dutch administrations of Sri Lanka. Many of the grand old buildings built during these times are dotted throughout the area and still in use as government buildings today.

Pettah Market - A colourful series of open air markets and bazaars located in the Pettah district, selling everything from fruit, vegetables and fabrics to household goods.

Dutch Church of Wolfendhaal - Built in 1749, the Dutch Church is one of the most important Dutch Colonial era buildings in Sri Lanka. The church is in the form of a cross, with walls one and a half metres thick and the floor includes intricate tombstones to Dutch colonists.

Kelaniya Buddhist Temple - A major pilgrimage site for Buddhist devotees, who believe that the Lord Buddha visited this site on the 8th year of Enlightenment.

Colombo and Natural History Museums - Located closely together, the Colombo National Museum tells the story of ancient Sri Lanka, with collections including the regalia of Sri Lanka. The Natural History Museum displays the natural history of Sri Lanka.

HIGHLIGHTS 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 60 days prior to departure. Please be advised that your passport must have at least six 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.

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. All meals (excluding drinks) are included in our fully inclusive Highlights of Sri Lanka group tour from the groups' arrival until the groups' day of departure. 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, vegetable with meat mixed in, and a few will be solely 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 three to four-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 until 1800hrs 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 above are approximations only.

Air: Internal flights are based on economy class, with reputable airlines. Pre-flight seat allocation is not available on international and internal flight sectors.

Trains: Getting on and off the trains in Sri Lanka can be quite disordered and amusing as passengers will start boarding well before people have finished getting off! If your group is disembarking at a stop that is not the end of the line, the train will only stop for 10 minutes and you must have your luggage ready and by your side a few minutes before the train pulls into the station.

Development in Sri Lanka

Although Sri Lanka is developing quickly, they still lack 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.

Public Holidays in Sri Lanka

If you are travelling within the below Sri Lankan Public Holidays please note that celebrations can last a couple of days and during these times some businesses will be closed and coach, air and train travel may be affected. Tourist attractions will be open, but may be crowded. Vesaka Full Moon Poya (Birth of Buddha) on the 29th May, Kandy Esala Perahera Festival from the 18th to 28th July and the Diwali Festival is on 7th November 2018.

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 which 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 both a National Escort/Local Guides. There will usually be no more than 29 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 only.

Tipping Policy

Local tipping is customary in Asia. However, this can often lead to awkwardness in knowing when it is appropriate to tip and how much, as well as ensuring you have a suitable amount of change available at the time. For your convenience, with years of experiences in providing the best customer service, Wendy Wu Tours operates a kitty system on our Group Tours so your National Escort will look after this aspect of your trip for you. It also ensures that the amounts paid are reasonable for you but still fair for the local people. The amount is stated on each Group Tour page will be advised again on your final documentation. Tipping is in US Dollars and will be collected by your National Escort on arrival and distributed throughout the tour on your behalf. Any additional tipping on any of our tours is welcomed at your discretion. Further guidance for tipping contributions will be outlined in your final documentation.

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

Luggage

All travellers are limited to two items of luggage each; a suitcase with a maximum weight of 20kg and one piece of hand luggage with a maximum weight of five kilograms. 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

Personal Expense - 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 AUD\$250 per person, per week should be sufficient; however for those that can't resist a bargain or may wish to participate in all of the optional excursions, consider allocating a higher amount.

Optional Tours - May be offered in each city you visit during your tour. These are not included in the standard itinerary and will only be available if time permits and if seats are available. In your Final Documentation an Optional Excursion Sheet will be included outlining the activities available in each city and local cost associated. Please ensure you have additional funds available if you feel you may wish to participate in any extra activities. Each option will be arranged locally by your National Escort/Local Guide, participation and tipping for optional excursions is completely at your discretion.

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.

Cultural Difference

Sri Lanka has many religions, cultures and histories. Foreign tourists, particularly female travellers, may be stared at as Sri Lankan women in some areas generally do not go out without their father or husband. Please be considerate of this, the local beliefs and customs and dress with consideration and modesty.

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 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

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

Before You Leave

We strongly recommend registering your travel plans with 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 four weeks prior to departure.

Updated: 16th April 2018