



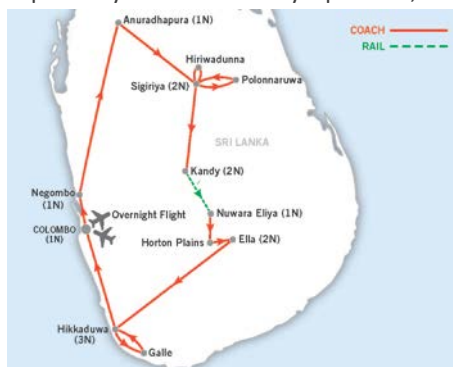
Spirit of Sri Lanka Tour Dossier

Discovery Tour | 15 Days | Active

A land ripe with incredible adventure, journey through Sri Lanka's extensive history, culture and nature, discovering the ruins of ancient civilisations, spotting exotic wildlife and hiking the hill country as you go.

Highlights:

- **Wilpattu National Park** - One of Sri Lanka's oldest National Parks, home to wildlife such as the elusive leopard, sloths bears, elephants and many more.
- **Sigiriya** - Spectacular rock fortress and UNESCO World Heritage listed site
- **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
- **Horton Plains Safari** - A protected area in the central highlights featuring a wide variety of wildlife and the dramatic Worlds End.
- **Ella** - A beautiful country town located in the hill country of Sri Lanka
- **Hikkaduwa** - A small but lively coastal town
- **Colombo** - Sri Lanka's commercial capital city and the country's political, economic and cultural centre



Spirit 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.

Discovery Tours

Designed for those who wish to be further immersed in the authentic charm of Asia; our Discovery Tours include more cultural and active experiences. You will be accompanied by our dedicated and professional National Escorts and Local Guides, whose unparalleled knowledge will turn your holiday into an unforgettable experience.

Our Discovery Tours include:

- Exploring classic sites
- Unique cultural experiences and encounters
- Off the beaten track destinations
- More evenings at leisure for independent exploration

Active

'Spirit of Sri Lanka' is an **active** tour. This is the most demanding tour Wendy Wu Tours offers. As a whole, this itinerary requires a good level of fitness, as they are physically more demanding. It may involve hiking, and some travel to remote, high altitude areas where tourist facilities are less developed.

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.

Itinerary Changes

1. 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.
2. An amendment to the brochured itinerary has been made to day 8, where passengers will be exploring Horton Plains on foot (the trek will take approximately 3 hours) rather than taking a safari through the park.

Joining Your Tour

The tour is 15 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 14 in Colombo. Please refer to your final itinerary for more specific meeting instructions pertaining to your departure.

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.

Spirit 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 ANURADHAPURA VIA WILPATTU NATIONAL PARK

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 at the hotel travel 4-5 hours (170km) to Wilpattu National Park, where you will take an exciting jeep safari tour of the park. (The safari will last approximately 3 hours). Continue 1.5 hours (57km) to your hotel in Anuradhapura and check in for an overnight stay.

Meals included: Breakfast, lunch and dinner

Destination Information

Wilpattu National Park - Sri Lanka's largest national park, Wilpattu is home to a vast number of leopards. Named due to the large number of 'Willus' (natural lakes) that are found scattered throughout the park. Apart from big cats and varied landscapes, the park is also home to an impressive population of elephants, sloth bears, spotted deers, mongoose and water buffalo.

DAY 3: ANURADHAPURA TO SIGIRIYA

Depart Anuradhapura after breakfast and drive 1-2 hours (74km) to Sigiriya for a two-night stay. In the afternoon, explore the Sigiriya rock fortress, also known as Lion Rock, sure to be a highlight of your time in Sri Lanka. 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.

Meals included: Breakfast, lunch and dinner

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 4: SIGIRIYA – HIRIWADUNNA & POLONNARUWA

Start your day with a village trek in Hiriwadunna, where you will catch a glimpse of rural life in Sri Lanka. The walk will take approximately 3 hours and involve light climbing and walking over uneven ground. Later, drive to the UNESCO World Heritage listed site of Polonnaruwa and tour the ruins. There will be approximately 2 hours of easy sightseeing on foot while exploring the palace and temples - refer to **Appropriate Dress** section below. Return to Sigiriya.

Meals included: Breakfast, lunch and dinner

Destination Information

Hiriwadunna - Your village excursion will include a walk along the banks of an artificial reservoir (also known as a wewa). The walk will take you through local farms, villages before crossing a river on a small boat to a farm, where you will be met by the farmer. Continue through dense bush, where you may spot elephants, monkeys and other wildlife.

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 5: SIGIRIYA TO KANDY

Depart Sigiriya this morning and drive approximately 2-3 hours (90km) to 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. 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, a bustling bazaar, an arts and crafts centre and enjoy a stroll through a local market. This evening listen to the Thewawa at the evening Pooja ceremony.

Meals included: Breakfast, lunch and dinner

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.

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 6: KANDY

This morning embark on an early river expedition along the Mahaweli River, spotting a variety of wildlife along the banks. After lunch, visit Upali, a local brass maker, who will welcome you into his home where you can learn more about his craft. There will be an optional music and dance performance this evening to catch a glimpse of the rich and vibrant culture of Sri Lanka (at own expense).

Meals included: Breakfast, lunch and dinner

Destination Information

River Expedition - Embark on a boat ride along the longest river in Sri Lanka, the Mahaweli River. A naturalist, who will assist you in spotting a wide array of exotic birds, amphibians and a few reptiles, will accompany you while you admire the scenic beauty of the area.

Brass Maker Visit - Visit Upali, a brass maker known for his skill and humble nature, who will welcome you to his home and his workshop. Both Upali and his wife have been brass makers for many years and during your visit, you will learn about their craft. You'll even have the opportunity to try it yourself! End your visit with a cup of Ceylon tea.

DAY 7: KANDY TO NUWARA ELIYA

Enjoy the morning free at leisure before saying goodbye to Kandy as you drive to Peradeniya railway station and board a train to Nanu Oya (train journey approximately 2 hours). Travel by coach to Nuwara Eliya, stopping to visit a tea plantation and tea factory on route.

Meals included: Breakfast, lunch and dinner

Please note: your group luggage will be transported by a separate coach directly to Nuwara Eliya. 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 to be an excellent location for tea production due to the cool climate, which creates tea with a unique flavour.

DAY 8: NUWARA ELIYA TO ELLA VIA HORTON PLAINS

Travel 1-1.5 hours (30km) to Horton Plains National Park. Embark on light trek around the plains where you may be lucky enough to spot some of the varied wildlife. Trek 1.5 hours (4.5km) on the designated trail to view the Worlds End and another 1.5 hours (4.5km) to meet the coach. Please note that there are no railings at the Worlds End so please approach the cliff edge carefully. It's recommended to bring some water and a hat today as shade is limited. Later, visit a local tea plantation to witness first-hand how the tea is produced before continuing to Ella for a two-night stay.

Meals included: Breakfast, lunch and dinner

Destination Information

Horton Plains National Park - This UNESCO World Heritage site is located in the heart of the island, painted with unending stretches of green pastures. With an altitude above 2000m, the plateau sweeps over 31 metres square. The plateau comes to a sudden end at the stunning World's End, with a head-spinning 1127m drop.

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.

Ella - A charming small village in the hill country of Sri Lanka, nestled amongst lush green tea plantations. Admire the stunning views and laid back rural lifestyle.

DAY 9: ELLA

Spend today trekking through the Ella region. The trail will take you through tea plantations, paddy fields and thick forest. The trek will take approximately 2-3 hours and will include walking uphill. For the adventurous, there is an option to climb to the Ella Rock - a strenuous climb that offers panoramic views over the Ella Gap. Trekking to the top will add approximately 1 hour to your hike. End the trek with a stroll through a small village, where you can view the daily lives of the locals.

Meals included: Breakfast, lunch and dinner

Destination Information

Ella Trek - Ella is the perfect place to explore more of the tea country of Sri Lanka by foot. Enjoy the scenic views, rolling tea plantations and discover local rural life.

DAY 10: ELLA TO HIKKADUWA

Say goodbye to Ella as you make your way down from the hill country. Drive 5-6 hours (235km) to the beach town of Hikkaduwa for a three-night stay. Enjoy the rest of the day at leisure.

Meals included: Breakfast only

Destination Information

Hikkaduwa - One of the most popular beach towns in Sri Lanka since the 1970s, Hikkaduwa offers lovely beaches, a wide variety of restaurants to select from and the opportunity to snorkel (at own expense).

DAY 10: HIKKADUWA – GALLE

Drive to Galle to embark on 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.

Meals: Breakfast and lunch are included today

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.

DAY 12: HIKKADUWA

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

Meals included: Breakfast only

DAY 13: HIKKADUWA TO COLOMBO

After breakfast, drive 2.5 hours (105km) to Colombo. Upon arrival, 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, enjoy a Sri Lankan themed farewell dinner.

Meals included: Breakfast, lunch 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.

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 in 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.

DAY 14: 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 15: ARRIVE AUSTRALIA

Arrive home.

SPIRIT 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. 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 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 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.

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 above are approximations only.

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, 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 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.

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.

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 2 weeks prior to departure.

Updated: 30 September 2016