



# Sri Lanka

## The Pearl of the Orient

A **cricket** crazy country! You find locals playing the game on the streets and beaches, basically wherever they can.

The oppositions' enthusiasm and competitiveness will really test your skills. Rugby, hockey, football, squash, golf, athletics and netball are also widely available at all levels.



Nestling off the south tip of India, this beautiful island is full of eastern promise. The ancient culture of the island is still present though blended with modern western influences, producing a mixture of race and religions, festivals and costumes, arts and crafts to enchant visitors.

As well as the 1000 miles of palm fringed sandy beaches, emerald hills, cascading waterfalls, spice gardens and coconut groves, the country has many ancient sites from the early civilisation which drew on the Buddhist faith. Tea is Sri Lanka's main export but it is also famous for its gems and silks.

For the more adventurous white water rafting, jungle safaris on elephant back, hiking and mountain biking are on offer. There is no better value for money destination than Sri Lanka.



Apr-Sep



All year



All year



All year



Apr-Sep



All year



All year



All year



## THE EMERALD ISLAND EXCURSION

### Suggested itinerary

#### DAY 1 IN FLIGHT

Meet at Heathrow Airport for your overnight flight to Sri Lanka. A Gullivers Sports Travel representative will be on hand to assist with check-in.

#### DAY 2 COLOMBO/KANDY

Upon arrival in Colombo transfer to your accommodation in Kandy for five nights.

#### DAY 3 KANDY

A free morning to settle in and relax before proceeding to a ground for a practice match.

This evening visit a cultural dance show to see the impressive fire dancers run barefoot over hot burning coals. Afterwards enjoy an interesting visit to the Temple of the Sacred Tooth – home to the relics of Lord Buddha, the most sacred objects of the Buddhist world.

#### DAY 4 KANDY

##### Match Day 1

Match followed by after match function.

#### DAY 5 KANDY

This morning you have time for another practice match.

A filled afternoon visiting the Giragama tea factory near Pilimalalawa, the botanical gardens in Peradeniya, a batik factory, an arts and craft centre and a gem lapidary. On return to Kandy, take in the beautiful scenery of this splendid lakeside setting.



#### DAY 6 KANDY

##### Match Day 2

Match followed by after match function.

#### DAY 7 KANDY/KITULGALA/MOUNT LAVINIA

Coach transfer to Kitulgala via Gampola and Nawalapitiya. Stop on the way to experience the buzz of white water rafting at Kelani River followed by a delicious lunch. Then proceed to your hotel for five nights.

#### DAY 8 MOUNT LAVINIA

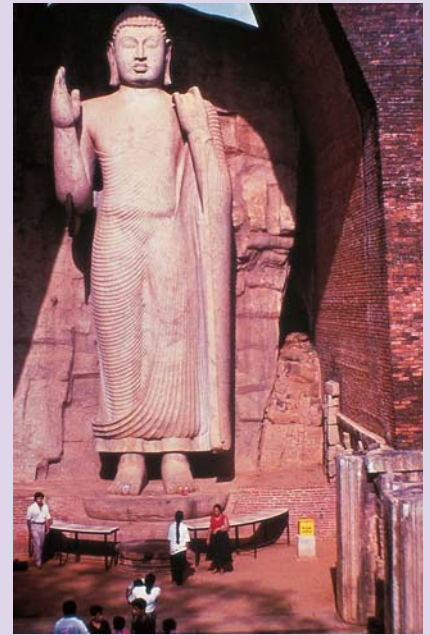
Morning at leisure to chill out on the beach.

This afternoon another practice match is arranged.

#### DAY 9 MOUNT LAVINIA

##### Match Day 3

Match followed by after match function.



#### DAY 10 MOUNT LAVINIA

Take a tour through the colourful commercial capital of Sri Lanka, Colombo. Pass busy bazaars, the ritziest residences and embassies, the replica of Arukana Buddha, temples and mosques.

#### DAY 11 MOUNT LAVINIA

##### Match Day 4

Match followed by after match function.

#### DAY 12 MOUNT LAVINIA/BENTOTA

Coach transfer to Bentota and the Taj Exotica Hotel for the next three nights.

The remainder of day free to stroll along the beautiful Bentota River, visit the Galapota temple or the turtle hatcheries.

#### DAY 13 BENTOTA

##### Match Day 5

Match followed by after match function.

#### DAY 14 BENTOTA

Full day to relax and enjoy the facilities at the hotel and beach.

#### DAY 15 IN FLIGHT/ARRIVE HOME

Transfer to the airport for your flight home. Arrive back at Heathrow.



Thank you to Cokethorpe School, Forest School and Repton School for images.