



“TRAVEL WITH PURPOSE”

JOURNEYS WITH HEART PRESENTS



“AYUBOWAN” AAYU-BO-WAN (HELLO)

WELCOME TO SRI LANKA

SEPTEMBER 19 - OCTOBER 2, 2020

GUEST HOST CHRISTINE CASSIDY

A SMALL GROUP FUND RAISING TOUR TO BENEFIT KIDS HELP PHONE



“TRAVEL WITH PURPOSE” / THANK YOU FOR YOUR GENEROUS SUPPORT OVER THE PAST TEN YEARS / TO-DATE JWH HAS DONATED \$C143,000



SRI LANKA | GUEST HOST CHRISTINE CASSIDY

- 13 Nights hotel accommodation as per itinerary based on twin / double occupancy
 - Group airport transfers (persons arriving and departing at different times from the main group must pay extra for private transfers or make their own arrangements for transfers)
 - Meet & Greet on arrival; Departure assistance
 - Meals as indicated on itinerary (B- Breakfast, L-Lunch, D-Dinner)
 - Services of a Local English Speaking National Guide for the full duration of the tour.
 - Transportation within Sri Lanka in an air-conditioned vehicle with experienced driver
 - Complimentary bottled water available on the vehicle and in the hotel rooms
 - Train tickets (Tickets can be confirmed only three weeks prior to date of travel)
 - All entrance fees and boat fees as mentioned in the program
- ✓ Welcome Dinner at the Culinary Ceylon
 - ✓ Visit to the Colombo Museum
 - ✓ Unseen Colombo with Mark Forbes
 - ✓ Train from Colombo to Anuradhapura
 - ✓ Visit to the Anuradhapura Ancient Kingdom and Special Pooja at the Sri Maha Bodhi
 - ✓ Visit to the Ritigala Monastery and Archaeological Complex
 - ✓ Active Lunch at Lakmal's Restaurant (or similar)
 - ✓ Visit to the Sigiriya Rock Fortress
 - ✓ Dambulla Cave Temple Visit
 - ✓ Visit to the Medieval Kingdom of Polonnaruwa
 - ✓ Pedal through Polonnaruwa
 - ✓ Lunch at Gemi Gedara (or similar)
 - ✓ Intro into the Sri Lankan Culinary Scene with Sulochana
 - ✓ Paddies, Pagodas and the Pince-Nez
 - ✓ Train from Kandy to Nanu Oya
 - ✓ A tour of the City of Nuwara Eliya
 - ✓ Early morning Horton Plains Trek
 - ✓ Tea Plucking Experience at the Tea Factory
 - ✓ Tour of the Galle Fort with your Guide

SEPT. 19, 2019

DAY 1: ARRIVAL IN COLOMBO, SRI LANKA D

Ayubowan! Welcome to Sri Lanka!

On arrival to Colombo, clear immigration and customs. Exit into the arrival area where you will be met by our local representative and then transferred to your hotel. Check in time 2pm and after. Early check in is not included.

At around 6:00 pm, a special welcome dinner is arranged at the lovely Culinary Ceylon. Culinary Ceylon is the name and contemporary ceylon cuisine is their game. Whether it's a crispy Ulundu Vadai, a spicy reminiscent of a Doughnut, whether its local flatbread filled with juicy, succulent pork with deep fried coconut shavings or whether it's Lamprais (Dutch Style Baked Rice, Meat and Curries in a Packet) which is steaming, all these altogether will keep you drooling for more. So, wear stretchable clothing and fast if you may as it will be an experience unlike any other, heavily spiced with the presentation of the host who is well versed in the interesting history behind each and every food item. His persona and magnetic charm and thoroughly researched intro will be an added amenity which you will readily gulp in like treacle heavy curd. Loosen those belts and dig in and witness the true meaning of "Strength in Unity" where Sinhalese, Tamil, Muslim and Burgher cultures come together to offer a meal experience which is truly Sri Lankan.

Note: The meal is a join in experience. Please inform us of any dietary requirements / allergies / preferences so we can let the establishment know.

OVERNIGHT IN COLOMBO AT GALLE FACE HOTEL – SUPERIOR ROOM

SEPT. 20, 2019

DAY 2: COLOMBO – SIGHTSEEING & INSIDER TOUR B

In the morning after breakfast, pay a short visit to Geoffrey Bawa's Colombo Residence, No.11. The Geoffrey Bawa residence is considered a special architectural marvel which also houses art and artifacts from the collection of the Late Geoffrey Bawa, a legendary Sri Lankan architect. Dating back to 1958, when Bawa acquired the bungalows, this would be an interesting short tour for those interested in architecture.

Afterward, the group will be taken to the Colombo Museum to have an introductory session into the History and the Civilization and the shifting of Kingdoms in Sri Lanka, what they can expect, what they can witness in the coming days. This beautiful Italianate mansion that sprawls across a vast, neatly-kept green lawn has been open to the public since 1877. The museum showcases Sri Lanka's 2500 year-long documented history, starting from artefacts of the medieval Anuradhapura kingdom and ascending through the consequent eras, featuring distinctive relics to which includes paintings, ancient jewelry, frescoes, antique furniture, masks, ceramics as



well as Buddhist and Hindu statues made of bronze and stone that reflect excellent ancient craftsmanship.

In the late afternoon, when the sun starts to set, let our star insider Mark Forbes take you on a tour on the unseen facets of Colombo. When it comes to cities, you always find some interesting characters that love the city and delves deeper to find its true spirit and share it with others - Colombo has Rashan. A walk with him will take you through the Galle Face green and to the inner roads of Slave Island. Come see it now before it all changes as the Colombo is undergoing modernization and many of its architectural gems will be gone in a couple of years. Our favorite part of the program is walking through the crazy streets of the Slave Island.

You will meet a lot of locals here and you can experience how their daily lifestyle is spent. No frills or scripts here, simply local life as it is! Also, Rashan will take you to a street Food joint (yeah that's how it is best described) where you can have a Kottu Rotti, an everyday Sri Lankan meal not to be missed and best enjoyed on the street. Return to hotel.

Note: *The street food tour will include sample servings of the various kinds of street food.*

OVERNIGHT IN COLOMBO AT GALLE FACE HOTEL – SUPERIOR ROOM

SEPT. 21, 2019

DAY 3: COLOMBO – ANURADHAPURA TRAIN RIDE - KANDALAMA B, D

After breakfast at the hotel, check out. In the early morning hours, proceed to the Colombo Fort Railway Station and board the train to Anuradhapura (approx. 3 ½ hr ride). Watch how the scenery change and the day to day local life unfolds as the sun gradually rises over the emerald isle.

Upon arrival at the Station, proceed to the cradle of Sri Lankan Civilization, one of the grandest and the greatest kingdoms in Sri Lankan history, Anuradhapura. Since Anuradhapura is also home to the revered Sri Maha Bodhi, depending on your arrival time you can witness a daily ceremony taking place. There are not many places in the

world that can claim to have been continuously inhabited for over two millennia. Anuradhapura is one of them. The seat of power in Sri Lanka till constant invasions forced a move further south. What makes Anuradhapura stands is that is alive is not just an archeological site pilgrim still visit the sacred Bo tree, the dagobas stand as majestic as they did during the reign of King Tissa. Take time to wonder around, find a quiet spot to reflect on the passage of time and humanity. There are several daily rituals performed at the Jaya Siri Maha Bodhi by the special staff designated for the purpose. They start early in the morning with the cleaning of the premises. According to tradition, the official Buddha puja is brought to the accompaniment of drums and offered to the Jaya Siri Maha Bodhi. Gilanpasa (The permissible food & drinks for the monks) is offered in the evening. The beating of drums called teva hevisi (Daily Service) is done three times a day in the morning, noon and evening.

Afterwards proceed to Kandalama (approx. 1 ½ hr). Your accommodation for the next four nights will be at the Heritance Kandalama, one of the most well-known passion projects of Deshamanya Geoffrey Bawa, a tribute to eco-friendly hotel concepts. Dinner included at hotel tonight

OVERNIGHT IN KANDALAMA AT THE HERITANCE KANDALAMA – SUPERIOR ROOM

SEPT. 22, 2019

DAY 4: KANDALAMA – RITIGALA – KANDALAMA B, L, D

After Breakfast, visit the Ritigala Monastery (approx. 1 ½ hr drive). A little-known place where serenity and adventure reside, side by side. Ritigala in a way has that feel of undiscovered a world away from the most famous sights in Sri Lanka. Make sure you take time to explore in depth and walk all the way to the higher part of the complex. The archeological site bears a certain mysterious nature owing to the long meditational pathways that open into the thick jungle and large stone-lined reservoirs. Take time to seat down and connect with nature in this pristine meditation grounds.

Thereafter, proceed to a local restaurant to have a lunch that captures the true essence of village cuisine. Lakmal, the proprietor of this establishment finds joy in feeding and his greatest accomplishment lies in that satisfied



smile of his clients. Renowned for his rice and curry for miles over, this is the to go place to sample a true Sri Lankan Lunch, close to the heart. Here we will be looking at the preparation of a side dish that is so Sri Lankan and so unique, it is what Apple Pie to the Americans, what Poutine is to Canadian. So simple in preparation but gargantuan in taste, the Coconut Sambol or by the Sri Lankan name, "Pol Sambole" can be eaten with rice, bread and if you are creative with any main dish. Its versatility is unmatched and never outgunned.

You will also get to involve in making this relish and let me tell you, scraping the coconut and beating it with the mortar can be fun as it gets. After the lovely and active lunch at Lakmal's, commence a safari.

Set out on an afternoon Jeep safari at either of Kaudulla or Minneriya National Parks. Both national parks located close by are famous for observing Elephants in their natural habitat. The ideal National Park to visit would depend on the Elephant Herds movements at the particular time period. Encountering these giants at close range would definitely be an unforgettable experience. Apart from the jumbos, both Minneriya and Kaudulla parks often present sightings of bird-flocks such as painted storks, pelicans and little cormorants, which comes as a bonus.

Dinner included at hotel tonight

OVERNIGHT IN KANDALAMA AT THE HERITANCE KANDALAMA – SUPERIOR ROOM

SEPT. 23, 2019

DAY 5: KANDALAMA – SIGIRIYA – DAMBULLA - KANDALAMA B, D

After an early breakfast, proceed to the 08th wonder of the world as we Sri Lankans call it, the Sigiriya Rock Citadel. (Approx. 45 min. drive).

Sigiriya, the marvelous rock fortress also known as Lion Rock is a rare jewel among the many treasures in Sri Lanka. The site was the domain of King Kashyapa whose aim was to build an impregnable fortress and within it, a heavenly abode. Rising over the dry plains of the Sigiriya

district, the tough climb of 1200 footsteps up this flat-topped monodon ends with the most scenic bird's-eye view of the emerald plains and leafy villages beneath. The skeletal layout of the ancient city within the fortress marvels its observers with the grandeur and complexity of 5th century urban-planning of Sri Lanka. On the way to the top one can observe the famous Sigiriya frescoes of the buxom, wasp-waisted maidens bearing flowers, amidst the wilderness and ancient ruins. The smoothly glazed 'Mirror Wall' located a few steps away has sealed the expressions of ancient visitors, inspired by the vibrant frescoes.

Proceed to Dambulla and visit the Cave Temple complex that is one of the very best-preserved examples of its kind. What can be gauged from a place that has been and still is a point of veneration for over 22 centuries? A place hewn out of a gargantuan rock, converted into a cave temple complex of such intricate beauty and workmanship that defies belief, adorned with murals that depict the life and times of Lord Buddha which gives the observer a feeling of immeasurable awe and a fleeting sense of calmness. This is what to expect when you visit the Cave Temple Complex of Dambulla. 153 Buddha Statues along with statues of Gods and Goddesses and Kings who sourced their wealth and time for the betterment of the Temple so that it may remain a beacon of Buddhist Philosophy adorn the five caves that the temple of which the temple comprises. Several distinct and different architectural patterns can be discerned throughout and with an altitude close to 1118 ft, gives an unparalleled panoramic view bordering Ritigala to the North and the Kurunegala Plains to the South East. If you are willing to brave the climb, a wondrous experience awaits you while giving a chance for the photographer within you, to take home memories to last a long time.

Return back to the hotel and spend the rest of the day at your own pace. Dinner included at hotel tonight.

OVERNIGHT IN KANDALAMA AT THE HERITANCE KANDALAMA – SUPERIOR ROOM



SEPT. 24, 2019

DAY 6: KANDALAMA – POLONNARUWA – KANDALAMA B, L, D

After Breakfast, Polonnaruwa, the medieval capital of Sri Lanka awaits your presence. (approx. 1 ½ hr drive).

Have a look beyond marvels from the past and take a sneak peek on where real life happens in the villages around Polonnaruwa. The area had its heydays during the reign of the kings but now things move at a much slower pace when compared to the cities. There is no better way to explore than pedaling on two wheels and taking the less trodden back roads.

We start off from a little town called Bendiwewa and our first stop will be at a local house for a taste of kurumba, a type of coconut water which is also a great energy drink. Here you will be able to get an idea of how the villagers use different parts of the coconut tree for different uses in their day to day lives. We will also be passing along a couple of lakes and you might be able to spot some of the lake fishing techniques that the locals use. As you go along, your guide will keep an eye out for birdlife which you might come across if lucky. The last bit of the trail goes along a canal where still the villagers use small wooden bridges to walk across the canal. Water monitors are also frequent sightings on this stretch. We end up near the bund of the Giritale Lake where your vehicle will be waiting to pick you up.

Notes: *Your cycling guide for the trail will be a villager from the area itself and fluent English doesn't come to them naturally. But he will make up for it with his typical Sri Lankan hospitality and in-depth knowledge of the area. The trail is approximately 13 kms in distance and anyone with decent fitness and cycling balance can manage it since it's mostly flat terrain. Also, for those who cycling is not their cup of tea, they will follow their companions by Tuk Tuk throughout the tour.*

Next, it's time to enjoy a feast of rice and curry at a local restaurant located away from the main roads and bordering rice fields. The Sri Lankan version of Rice &

Curry is something not to miss while visiting the country. Over here the locals will curry literally everything ranging from meat, tubers, lentils, vegetables and even fruits. The best thing about this is that your food plate looks so colorful and pleases the eyes and not just your taste buds. What's special about this lunch is that it will be a feast with over ten varieties of curries which makes you wonder whether it's a meal for a king. Take it slow and enjoy the difference in each item which all blends in perfectly to create a unique taste.

Tip: *One golden rule when eating rice and curry is that you have to leave aside cutlery and use your fingertips to mix the food and gently push into the mouth with your thumb. Try to master that art while you are here; but don't worry if you want some cutlery they will provide it.*

This afternoon, Polonnaruwa, the medieval capital of Sri Lanka awaits your presence. Grand Palaces? Check! Monumental Stupas? Check! Life carved into harsh granite? Check! These are the things to look for at Polonnaruwa, which showcases the divine right of the King and his ardent devotion to the philosophy of Buddhism ranging from the colossal remnants of King Parakramabahu's palace which was equal in splendor to the palace of Kubera, the Hindu God of wealth to the place where the stonemasons of yore showcased their greatest work in the mystical yet serene Image House at the Gal Vihara showcasing the infinite wisdom and overflowing kindness of Lord Buddha etched from the bedrock. The prowess of the stonemasons is celebrated in the popular song lyric, which roughly translates to "How soft can granite be, which defies belief in me."

Something close to heart would be the 1982 Synth-Pop perfection by Duran Duran, "Save a Prayer" where the video gives a very avant garde scope of the images at Gal Vihara. The influence of the Chola invasion is clearly visible in the mastery of the surviving Shiva Temples, their structure and finish. The court of King Nissankamalla does not fall short of grace with its swaying pillars of rock reminiscent of lotus stems. Polonnaruwa is a sight to behold and after an eventful day, let the relaxing swaying waves of the Parakrama Samudra (literally translates to the "Sea of Parakrama") take you down a lane of reverie.



Return to the hotel, evening is at leisure.

Dinner included at hotel tonight

OVERNIGHT IN KANDALAMA AT THE HERITANCE KANDALAMA – SUPERIOR ROOM

SEPT. 25, 2019

DAY 7: KANDALAMA – KANDY – TENNEKUMBURA B, L

After breakfast group will check out and then will proceed to Kandy (approx. 2 ½ hrs drive) and commence a cookery demo which will make you feel like you are in a masterclass.

Today you will visit a typical local homestay not too far from the city of Kandy where you will enjoy a cookery lesson and home cooked meal of your own making soaked in tropical spices and rich Kandyan flavors. Sulochana, the lady of the homestay is an amazing host and is more than happy to welcome you and share her age-old secret recipes as she takes you on an interesting culinary journey.

Sulochana's Kitchen is equipped with a cool traditional firewood stove and a 'miris gala' which is an ancient technique used as a grinder - These are rather rare to come by in an ordinary home in this modern day. You will be cooking in clay pots as there is no better way to cook a nice curry as it adds all the more flavor to it apart from the spices and the rich coconut milk. After an eventful couple of hours in the kitchen, sit down for a well-deserved, mouthwatering lunch while you enjoy an unforgettable meal.

Thereafter, proceed to Kandy and visit the Temple of the Sacred Tooth Relic. The Temple of the Tooth which is no doubt the city's biggest pride. The prime landmark of the hill capital – the temple of the tooth relic is the pride of Buddhists in Sri Lanka and world-over. Located at the heart of the Kandy town, right before the green waters of the Nuwara wewa, the temple's white washed walls with tops shaped like that of clouds surround the temple grounds. Within the wall, the ancient temple stands majestically surrounded by a moat, its golden roof

gleaming in the sunlight as white-clad pilgrims bearing lotus blossoms throng to revere the sacred tooth-relic of Lord Buddha.

The present temple was constructed mainly under Kandyan kings from 1687 to 1707. The temple embellishments of wooden and ivory carvings and elaborate frescoes bear the strong marks of Kandyan artist-styles. The tooth relic is placed within seven golden caskets and the pilgrims are only permitted to view the casket a few feet away from the altar.

Thereafter, proceed to your hotel in Tennekumbura (approx. 30 mins. drive) and check in for the next two nights.

Note: *Dinner at the hotel tonight. Guests are to order what they want from the Indian Restaurant at the Earl's Regency and pay for it directly. Our supplier will only make the seating reservations.*

OVERNIGHT IN TENNEKUMBURA AT EARL'S REGENCY, TENNEKUMBURA – DELUXE ROOM

SEPT. 26, 2019

DAY 8: PADDIES, PAGODAS AND THE PINCE NEZ B, D

After breakfast, engage in one of our signature visits that combine culture, history and the love for trekking like a well-balanced cocktail, aptly named the Paddies, Pagodas and the Pince-Nez.

When you travel, you have your list of must-visits and there you tend to lose out of getting the real essence of a local experience. Take a break from the main tourist attractions, get out of your vehicle, slip on your walking shoes and take a stroll into the inner villages to discover the Authentic Essence of Kandy. A short drive away from the bustling city center of Kandy, you arrive in small inner village where you embark on a wondrous walk that connects the legendary three temples Embekke Galdaladeniya and Lankathilake hidden away gracefully in the hills of Kandy. Start off at the Galadaldeniya Temple; your guide will unveil the proud Buddhist Heritage that



dates back to the era when the kingdoms kept shifting. Next set on the beautiful village trail that takes you to Lankathilake. Experience a bit of warm Sri Lankan hospitality by making a stop at a local home for a king coconut to quench your thirsting and also at a small local boutique - grab some local biscuits for snacks for the road, try the Lemon Puff and the Ginger Biscuits!

A rewarding walk along rice fields bordering small villages with a promising view of greenery, watching the locals working at their gardens and rice fields, make stops along the way to discover local vegetation, you will be surprised at the variety of fruits, vegetables and spices that your guide will show you along the way. You will not fail to catch eagerly waving and smiling faces of locals.

We finish the trek by focusing at an industry which has withstood the tests of time for seven centuries and is still prevailing with the last descendant of the master craftsmen of yore. When you think of an eyeglass, would you ever think as to the lens itself to be made out of a mineral, such as quartz? Well C.G Gunasoma, the 08th generation descendant of a long line of professional optometrists who were bound to the service of the kings as far as the 14th century, is here to show you how. He will show how the rough mineral is made into a lens which supplements to one sense we can't live without, vision. In a way you are helping to raise awareness and secure a future for a little known but invaluable part of Sri Lankan Heritage that we fight hard to preserve.

Dinner included at hotel tonight

Tip: *Make sure to grab a couple of water bottles from your vehicle, put on your sunhat and sunscreens before you embark on the walk. Covering knees & shoulders is compulsory when visiting temple premises; therefore, take a Sarong or a scarf to cover yourself when you visit the temples.*

OVERNIGHT IN TENNEKUMBURA AT EARL'S REGENCY, TENNEKUMBURA – DELUXE ROOM

SEPT. 27, 2019

DAY 9: KANDY – NANU OYA TRAIN – KANDAPOLA B

After breakfast group will check out and then today you will experience the most magical train journey through Sri Lanka's hill country. Lush Tea Plantations, Mountains covered in mist and smiling people, what more could you ask for. (Train journey approx. 3 ½ hrs). It's also a fabulous way to see Sri Lanka's hill villages and gain an insight into the daily lives of the local people. The chauffeur guide will pick you up with the luggage at the Nanu Oya Railway Station. It's a hassle-free process.

Dubbed the 'Little England of Sri Lanka', Nuwara Eliya is located in the thick, misty hills of this paradise isle. It is one of the few areas where the colonial atmosphere is preserved, still resembling a British countryside complete with rose gardens, hedges and red-roofed bungalows.

Nuwara Eliya or better known as the answer to the Colombo heat. During British rule in Sri Lanka the highland town became a refuge for families of the elite escaping the baking temperatures of the capital, it also offered a sugary version of "home" complete with a horse race track, a golf course, a Victoria park, a botanical garden and an eclectic mix of neo-tudor building and even Scottish bungalows. Much has changed since the hey days of the town in the 20's and 30's yet the climate is still gorgeous even with a cool drizzle and sometimes fog. Today Nuwara Eliya is a town re-inventing itself. After the civil war and with the advent of tourism colonialism become something to be embraced: at least in terms of a revival for commercial reasons. Old derelict bungalows got patched up, and the guidebooks dubbed the town as "Little England".

Thereafter proceed to Kandapola (approx. 1 hr drive) to the Heritage Tea Factory, a tribute to the plantation industry where the hotel itself is an old tea factory before it was converted into a Hotel. Check in for the next two nights.

OVERNIGHT IN KANDAPOLA AT HERITANCE TEA FACTORY, KANDAPOLA – SUPERIOR ROOM (NON-A/C)



SEPT. 28, 2019

**DAY 10: KANDAPOLA – HORTON PLAINS -
KANDAPOLA B, D**

Today an early morning start from the Hotel to start the trek to Horton Plains.

Known to Sri Lankans as “Maha Eliya Thenna” which translates as the “Big Open Plain”, the extensive Horton Plains National Park is the biggest watershed in the country. The plateau runs at an average height of 2,000 to 2,300 meters above sea level. So much for facts, what is really striking about this place is the barren high hill grassland combined with cloud forest and the fresh crisp mountain air.

Hiking in the coldish weather with wind in your face surrounded by swathes of grassland, then moving through some cloud forest with trees covered in moss and with towering ferns is simply something anyone who loves to trek should do in the island. There is wildlife as well; you might encounter with the beautiful sambar deer! A timid creature so keep your eyes peeled!

The hiking is about 10 km and can take a bit over three hours, arriving at World’s End and gazing down a sheer drop of a few hundred meters with no railings is nothing short of mystifying.

Tip: Please wear sturdy walking shoes. The weather here changes rapidly so bring some protection against the rain, a sun hut and plenty of sun-screen. The walk is at intermediate level so anyone with a decent fitness

level can do it. It is also possible to do a shorter trek to Little World’s end but we advise on taking the whole loop. Make sure you start early from your hotel and arrive at the NP at opening time as the chances of clear weather are best in the early morning.

Thereafter, proceed to the Hotel and rest.

In the afternoon, deck out in local attire – saree for the ladies, sarong for the gentlemen and grab a basket in which to collect your leaves. Then proceed to the organic tea fields and you will be shown which leaves to pluck. You’ll find that it takes a bit of practice to make sure the leaves end up in your basket rather than on the floor! Professional tea pluckers will be accompanying you and you’ll be amazed at how efficiently and quickly they manage to fill their baskets by comparison. Luckily, we don’t expect you to produce the minimum 15 kg a day that is their target!

Then return to the Tea Factory Hotel where the chief tea taster will inspect your efforts. He will reject any leaves that are unsuitable, so you must pay attention when picking, or all your efforts will be in vain! Then he will take you on a tour of the Mini Tea Factory and explain the whole process, from the initial drying (withering) of the leaves, through rolling, fermenting and sifting, to produce the different types of tea

**OVERNIGHT IN KANDAPOLA AT HERITANCE TEA
FACTORY, KANDAPOLA – SUPERIOR ROOM (NON-A/C)**



SEPT. 29, 2019

DAY 11: KANDAPOLA – GALLE B

After Breakfast, bid farewell to the tea country and proceed to Galle. (Approx. 6 ½ hour drive)

Enjoy beautiful scenery along the way. On arrival, check into the hotel for the next three nights after the long drive and spend the rest of the day at your leisure. Once you are inside the Fort, take a stroll around the ramifications and the lovely buildings teeming with history. Also, Galle fort is home to number of lovely boutiques so if something catches your eye, you can purchase it direct.

OVERNIGHT IN GALLE AT THE FORT BAZAAR, GALLE – RUN OF HOUSE ROOM

SEPT. 30, 2019

DAY 12: GALLE FORT TOUR B

After Breakfast, proceed to Galle, the living heritage city for a half day for tour.

From Muslim gem traders, Portuguese adventurers, savvy Dutch privateers, and let's not forget the English they all made Galle their home at some point in history. With cute shops, restored colonial mansions, and an upcoming food scene the city has a hip vibe to it. But how about looking beyond the glitzy magazine articles and boutique hotels and experiencing Galle through its people who are non-other that the repository of hundreds of years of living history.

Thereafter proceed to have the day at your leisure.

OVERNIGHT IN GALLE AT THE FORT BAZAAR, GALLE – RUN OF HOUSE ROOM

OCT. 01, 2019

DAY 13: GALLE AT LEISURE B

Breakfast at the hotel and then spend the day at your leisure.

The vehicle and the guide will be at your disposal on this day, so you can get transferred to the beach for your optional activities.

OVERNIGHT IN GALLE AT FORT BAZAAR, GALLE – RUN OF HOUSE ROOM

OCT. 02, 2019

DAY 14: GALLE DEPARTURE B

Breakfast at the hotel and check out. Check out time 11am. Late check out is not included.

Transfer to Colombo (approx. 2 ½ hrs drive) and drop off at the airport.



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AAYU-BO-WAN
(HELLO)

SRI LANKA

SEPTEMBER 19 - OCTOBER 2, 2020

GUARANTEED DEPARTURE WITH MIN. 14 GUESTS

**TOUR SELLING PRICE
BASED ON DOUBLE:
CA \$4498 /PER PERSON/LAND ONLY**

**A SMALL GROUP FUNDRAISING
TOUR TO BENEFIT KIDS HELP
PHONE**

TOUR DETAILS & RATES

Tour selling price based on double

- **CA \$4498**

Single

- Add **\$1275** (limited availability)

Additional

- **CA \$300 per person**
- **Direct donation to Kids Help Phone**
- **Tax Receipt will be issued**

Exclusions

- International flights
- Flights departure taxes & fuel surcharges, Seat Selection
- Personal items
- Optional Tours
- Meals unless listed in itinerary and drinks with meals
- Tips & Gratuities not included, but may be prepaid, please inquire
- Early check-in & late check out of rooms (standard check-in time is 2pm and check out 10am)
- Travel Insurance
- Visa/passport handling fees - Electronic Travel Authorization fee for Visas (Please note that an ETA is compulsory for all tourists visiting Sri Lanka)
- Insurance – quote available upon request
- Pre and post accommodation rates available upon request



CHRISTINE CASSIDY
Guest Host

A thirty eight year career in the investment industry, pursued in Vancouver, New York and Hong Kong, together with a four year term as a West Vancouver councillor lends for many an interesting and engaging conversation. Christine is also a former Ballet B.C. board member, current associate of the Vancouver Art Gallery, a supporter of Vancouver's architectural heritage and current chair for Kids Help Phone – Home for the Holidays West Vancouver Tour 2020. A firm believer that if life is a journey, then it should be an adventurous one. Born in Britain, schooled in Vancouver, Mexico and Wales, she has travelled extensively throughout five continents. Christine's passion for travel was ignited by her childhood readings of the National Geographic and sustained by the history, cultures and people of her diverse destinations. Her recent trip to Sri Lanka captured both her heart and her imagination. Her fellow travellers will now also have the opportunity to share in the experience of the wonders of this fascinating island.

KIDS HELP PHONE

ABOUT KIDS HELP PHONE

Kids Help Phone is a Canadian and world leader, known for our expertise and continuous innovation as Canada's only 24/7 professional counselling and information service for young people. Since 1989, we have offered kids, teens, and young adults a critical lifeline of hope and support through our free, anonymous and confidential service, which research shows significantly improves youth mental health.

Young people reach out to Kids Help Phone's counsellors from every corner of the country via phone, Live Chat and the Always There chat app and also benefit from our database of local youth-serving programs. Kids Help Phone is a registered Canadian charity, and we raise the majority of our revenues from individuals, foundations, corporations, and community fundraising. Thanks to our generous donors, we can work to achieve our vision of a future where every young person in Canada will access the support they need, in the way they need it most.

MISSION

We are always open, providing a safe and trusted place for young people in any moment of crisis or need.

VISION

A future where every young person in Canada will access the support they need, in the way they need it most.

VALUES

We are, and believe in being: Courageous, Collaborative, Innovative, Resilient, Trustworthy.

HELP US, HELP KIDS

Your generous donation to Kids Help Phone helps provide young people across Canada with access to free, counselling services, information and referrals online and on the phone, 24 hours a day, 365 days a year. In any moment of crisis or need, your gift helps ensure that kids, teens and young adults can find the support they need, in the way they need it most.

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