



Sigiriya Citadel

Heritage Tour to Sri Lanka Medical, Military and Cultural Histories

8 – 22 September 2019

With Galle Extension
8 - 25 September 2019





Elephants in Habarana

Welcome to Sri Lanka, a small island crammed full of treasures, with no fewer than eight UNESCO World Heritage Sites. It offers mystical ruins, jungles, gleaming white tropical beaches, national parks with huge herds of elephants and mouthwatering cuisine. Its seas are home to dolphins, turtles and the largest colony of blue whales on the planet.

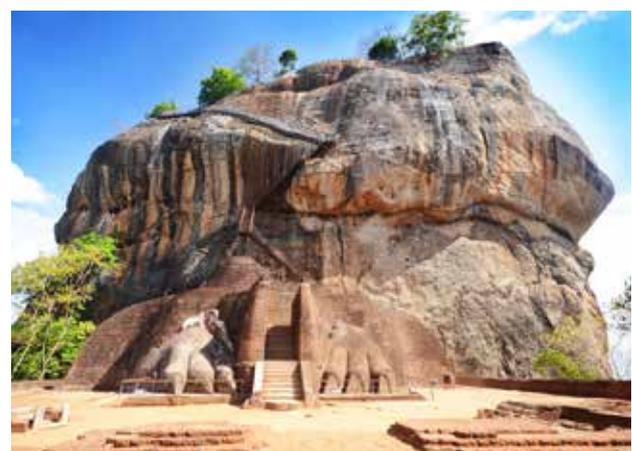
On this heritage tour you will travel from the colonial capital, Colombo, to the ancient cultural heartland of the island, through jungles to the coast at Trincomalee and into the highlands of Nuwara Eliya. Along the way there is a wide range of visits providing real insight into Sri Lankan history and society as well as ample free time to relax or explore at your own pace.

Arrive in Colombo and transfer to your hotel before a welcome dinner in the evening.

Next morning embark on a sightseeing tour of Colombo, taking in the heritage sites including the bustling market area within the Old Dutch Hospital. Take the weight off your feet after your shopping and enjoy a foot massage at the Ayurvedic Hospital before travelling by rickshaw back to the hotel.

Next day drive to Habarana in the ancient cultural triangle of the island, stopping en route at the elephant orphanage in Pinnawela to enjoy lunch while watching the elephants roam and splash in the river. Arrive in Habarana and check into the lovely Cinnamon Lodge. Spend the rest of the day at leisure or take options to visit the spa or take a short nature and wildlife trek of the area before dinner.

Next day head out to the legendary sky citadel of Sigiriya, possibly the most spectacular site in Sri Lanka. Built in the 5th century on top of a vast 200m granite rock, the rock fortress is famous for its 'Lion Rock' and its 'Celestial Maidens' frescoes. Climb up in the cool early



Lion Rock, Sigiriya



Your hotel in Trincomalee

morning for spectacular jungle views. After descending, visit a nearby village and its school before enjoying a typical Sri Lankan lunch. Return to the hotel and spend the rest of the afternoon at leisure.

The next morning there is the option to visit the archaeological site of Ritigala. Explore the complex, which contains the ruins of a monastic hospital dating from the fourth century, and on a walking tour see the medicinal plants that were and are still used. In the afternoon travel by jeep into Minneriya National Park to watch birds, deer and herds of wild elephants gather to bathe and graze by the enormous Minneriya Tank, a reservoir built in the third century. The park contains some of the largest herds of wild elephants in the world. Return to the hotel later in the afternoon.

Next day visit the medieval capital of Polonnaruwa, which was the capital of the island between the 11th and 13th centuries. This superb site contains well-preserved ruins of palaces, bathing pools, stupas and rock sculptures alongside a large artificial lake. From here continue to Trincomalee and arrive at the beach resort mid afternoon. Check into your hotel and spend the rest of the day at leisure.

Trincomalee sits on one of the world's finest natural harbours and the historic city has an ancient heritage. Its superb harbour made it a target for attack over centuries, and by the

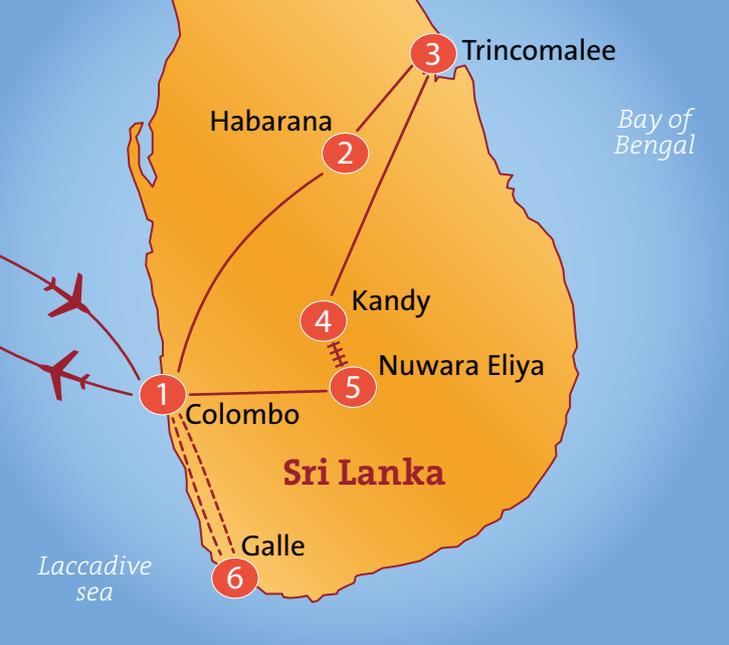
British takeover in 1795 the city had changed colonial hands seven times. Spend the next day exploring the historic and cultural attractions of the area, including Fort Frederick – which has been a crucially important defensive site for centuries – the excellent Maritime and Naval History Museum, colourful Koneswaram Temple, the war cemetery and Hoods Tower Military Museum. Return to the hotel for dinner.

The following day there is the option to go whale and dolphin spotting (please note that sightings can't be guaranteed) or to spend time at leisure.

Continue to Kandy, stopping en route at the cave temples of Dambulla, built in the 1st century BC and featuring ancient frescoes and hundreds of statues of Buddha. You will also visit the spice plantations of Matale, where nutmeg, cinnamon and pepper are grown, and watch a cookery demonstration, followed by a delicious Sri Lankan lunch that incorporates many of the spices.



Koneswaram Temple, Trincomalee (top); A tea picker (above)



Arrive in Kandy, the colonial capital, and spend the rest of the day at leisure.

Next morning visit the Temple of the Sacred Tooth, which houses one of Buddhism's most sacred relics – a tooth of Buddha collected from his funeral pyre. See brightly robed monks performing the blessing ceremony with drums and trumpets. In the afternoon explore Kandy, including the lake and the historic Garrison Cemetery, before drinks at the Suisse Hotel, the former home of Lord Mountbatten.

The following morning visit the beautifully landscaped war cemetery in Kandy before continuing to the Royal Botanical Gardens of Peradeniya. See crops such as coffee, tea, nutmeg, rubber and quinine, visit its excellent orchid house and medicinal herbal section and

see the former headquarters for the Allied forces in SE Asia in WWII. In the afternoon browse through the fascinating gemstone market and workshops, where you can observe sapphires and rubies being cut and polished.

The following morning take the train to Nuwara Eliya for a glimpse of colonial life in the cooler highlands. Check into the Grand Hotel and take an orientation tour of the colonial hill station, including the racetrack, gentlemen's clubs, British Cemetery, Holy Trinity Church, parks and botanical garden.

Visit the Somerset Tea Estate and their health clinic – which is also our nominated project - the following morning. Spend the afternoon at leisure and later in the day enjoy high tea in the gardens of the Grand Hotel. Step back in time in the evening with a formal dinner at the Hill Club, founded in 1876 by British planters.

Drive back to Colombo the following day and transfer to the Galle Face Hotel. Enjoy a farewell dinner in the evening.

Next day depart for the airport or take the three- night extension to Galle, driving along the beautiful coastline to this atmospheric colonial walled city, which boasts the best-preserved sea fort in Asia. Explore its narrow streets, city walls and secluded courtyards and mansions at your leisure, as well as visiting the Geoffrey Bawa Gardens (see itinerary for details).

A plantation in Nuwara Eliya



Itinerary 8 – 22 September 2019

B = Breakfast **L** = Lunch **D** = Dinner

2 nights Colombo – 3 nights Habarana – 3 nights Trincomalee – 3 nights Kandy
– 2 nights Nuwara Eliya – 1 night Colombo

8 Sept (Sun) Colombo **B D**
Pm Arrive and transfer to the hotel
Eve Welcome dinner at Veranda Restaurant

9 Sept (Mon) Colombo **B D**
Am Sightseeing of Colombo including the Old Dutch Hospital market area
Pm Foot massage at the Ayurvedic Hospital and return to hotel by rickshaw

10 Sept (Tues) Colombo / Habarana **B L D**
Am Drive to Habarana via the elephant orphanage in Pinnawela for lunch
Pm Arrive and check into the hotel

11 Sept (Wed) Habarana **B L D**
Am Visit Sigiriya including the Lion Rock and Celestial Maidens frescoes. Visit a local village and school. Cookery demonstration and lunch
Pm At leisure

12 Sept (Thur) Habarana **B D**
Am At leisure. Option to visit ancient Ritigala, including the Ayurvedic hospital
Pm Visit Minneriya National Park

13 Sept (Fri) Habarana / Trincomalee **B D**
Am Visit Polonnaruwa, the island's medieval capital
Pm Continue to Trincomalee and check into the hotel. At leisure

14 Sept (Sat) Trincomalee **B D**
Am Explore historic areas including Fort Frederick, Koneswaram Temple, the Maritime and Naval History Museum, Hoods Tower Military Museum and the war cemetery

15 Sept (Sun) Trincomalee **B D**
Am Early morning option to view sea mammals. Full day at leisure

16 Sept (Mon) Trincomalee / Kandy **B L D**
Am Drive to Kandy via the cave temples of Dambulla. Visit the spice plantations of Matale and delicious Sri Lankan lunch
Pm Arrive Kandy and transfer to the hotel

17 Sept (Tues) Kandy **B D**
Am Visit the Temple of the Sacred Tooth Relic of Lord Buddha for the blessing ceremony

Pm Explore Kandy including the historic Garrison Cemetery followed by drinks at the Suisse Hotel (the former home of Lord Mountbatten)

18 Sept (Wed) Kandy **B D**
Am Visit the Kandy War Cemetery and the Royal Botanical Gardens of Peradeniya. See the former HQ for Allied Forces SE Asia in WWII
Pm Visit the gemstone market and workshops and at leisure

19 Sept (Thur) Kandy / Nuwara Eliya **B D**
Am Scenic train journey across the highlands to Nuwara Eliya
Pm Check into the Grand Hotel and orientation tour

20 Sept (Fri) Nuwara Eliya **B D**
Am Visit the Somerset Tea Estate and clinic
Pm At leisure. High tea in the garden of the Grand Hotel
Eve Dinner at the Hill Club

21 Sept (Sat) Nuwara Eliya / Colombo **B**
Am Drive to Colombo
Pm Arrive and check into hotel
Eve Farewell dinner

22 Sept (Sun) Colombo
Am Depart for airport or join extension

Extension

22 Sept (Sun) Colombo/ Galle **B**
Am Transfer to Galle via the Lunuganga Estate; the country home and gardens of the renowned Sri Lankan architect, Geoffrey Bawa
Pm Arrive in Galle and check into the hotel

23 Sept (Mon) Galle **B**
Am At leisure

24 Sept (Tues) Galle **B**
Am At leisure

25 Sept (Wed) Galle / Colombo **B**
Am Depart for the airport

NB All itineraries in Sri Lanka are subject to change according to local conditions. Places on this tour are strictly limited.



Hotels

Galle Face Hotel (Colombo)

An historic 5-star seafront hotel in Colombo at the Galle Face Green, the hotel provides a good restaurant, swimming pool and spa.

Cinnamon Lodge (Habarana)

This elegant chalet styled eco-hotel is spread over 27 acres of forested grounds full of wildlife including monkeys, water monitors and birds.

Trinco Blu by Cinnamon (Trincomalee)

A stylish retro-chic beachside hotel with comfortable rooms, a lovely pool and spacious landscaped grounds.

Cinnamon Citadel (Kandy)

Set on the river just outside Kandy, this lovely hotel has a spa, garden restaurant, pool and bar, as well as beautiful gardens and superb views.

Grand Hotel (Nuwara Eliya)

In a sprawling English country-style manor, this chic hotel has understated rooms with colonial-style furnishings overlooking the countryside or landscaped gardens.

Galle Fort Hotel (Galle extension)

This stylish boutique hotel is set in an ornate Dutch mansion and former warehouse dating from the 18th century. It offers an upmarket restaurant and a lovely outdoor pool. There are different room options available (please see costs section).

Fort Bliss Galle (Galle extension)

A spacious B&B option for the Galle extension, this stylish and peaceful colonial style property overlooks the ramparts of the famous 17th century Dutch fort. It is about 1km from the Galle town centre.



Galle Face Hotel, Colombo (top); Cinnamon Lodge, Habarana; Cinnamon Citadel, Kandy; Grand Hotel, Nuwara Eliya (above)



Take the train from Kandy

Tour leaders

Professor John Richardson is Emeritus Defence Professor of Primary Care and General Practice. He has led study tours worldwide and was a medical escort to parties of veterans on journeys of remembrance for the Royal British Legion. He has also run many history of medicine battlefield tours. He has visited 80 countries and worked in 41 of them as a doctor. John has previously led tours for Jon Baines to China, Central Asia, India, Turkey, Central America, Ecuador and the Galapagos, Namibia, Ethiopia, Indo-China and Burma. He has also given lectures and led on cruises.

Susi Richardson has travelled widely across the world either as an expedition nurse, or as a nurse on war grave pilgrimages for the Royal British Legion, co-tour leader for Jon Baines Tours, or accompanying her husband on his British Army medical officer postings. Five generations of her Shakespear family served in India on her grandmother's side, and three generations of Cooke family on her grandfather's side, covering almost continuously two hundred years of the history of British India in a variety of roles and occupations. Susi has led a number of tours to India, in Vietnam and on cruises.

“John and Susi – tour leaders extraordinaire! ... Always wonderfully cheerful, well organised and helpful as always. Truly great leaders.”

Jan and Gavin Fabinyi, Brahmaputra Cruise, March 2018

The cost of the tour is US \$3,712 per person (excluding international flights and transfers)

The cost includes:

- The services of an experienced tour leaders (John and Susi Richardson)
- 14 nights' accommodation in twin-bedded rooms with private facilities in first-class and heritage hotels

The single supplement is US \$738

- Breakfast and lunch or dinner daily (all meals on 10, and 16 September)
- All admission fees
- Services of an English speaking national guide
- All transport services and taxes in Sri Lanka
- All tips

The cost excludes:

- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits
- Travel insurance
- Visa (if required)

The cost of the extension (per person sharing) is:

- **At Fort Bliss in a Superior Upstairs / Ground Floor Room: US \$310**
Single supplement: US \$144
- **At Galle Fort Hotel in a Garden Room / Portuguese Barracks Room / Terrace Suite: US \$576**
Single supplement: US \$409
- **At Galle Fort Hotel in a Loft Suite / Porcelain Suite / Library Suite: US \$664**
Single supplement: US \$497

The cost includes:

- Three nights' accommodation in twin-bedded rooms with private facilities at the hotel
- Breakfasts daily
- Visit to the Lunuganga Estate
- Return transfers from Colombo

The cost excludes:

- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits

Please contact us if you would like us to organise your flights or for advice on flights.

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Traditional stilt fishermen (top); A blue whale; Dambulla Caves; A view of Galle - extension (above)



Jon Baines
tours

