

SRI LANKA GUIDE

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COLOMBO CITY
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hearty are an a country steeped in history, breathtaking landscapes and hearty arming people. During my three-week group trip I discovered the charm of old Sri Lanka: ancient temples with impressive details, green tea fields that wave over the hills and golden beaches where the sun slowly sinks into the ocean. Despite traveling in a group, every experience felt personal and special. The smell of spices in the market, the smiles of the locals and the mystical atmosphere of ancient ruins – Sri Lanka has enchanted me. A country to never forget!

Inhoud

1. History of Sri Lanka 2. Hotels 3. Activity in Sri 4. What should you have done 5. Other in formation ps you can use Handy tips & Do's & Don'ts 9. Food and Drink 10.thanks

History Of Sri lanka

Sri Lanka, the enchanting island in the Indian Ocean, has a history that goes back thousands of years. According to ancient legends, the island was once inhabited by kings and mythological creatures. The famous Ramayana legend tells by King Ravana had his golden palace here and how the Hindu god Rama reached be is 17 to save his beloved Sita.

Later, around the 3rd century BC, Buddhism arrived on the island, which and a profound effect on the culture and daily life. This can still be seen in the continuatemples, such as the famous Temple of the Tooth in Kandy, where a screen woth of Buddha is kept. Sri Lanka also became a crossroads for traders: Arabs contest and Europeans came here for spices and gemstones. The Portugues of the British all left their mark, which explains the unique mix of allters on the island.

Today, Sri Lanka still radiates its rich his tow Whener you're wandering through the ancient royal cities of Anuradhapura and too stuwa, or enjoying the British colonial charm of Nuwara Eliya, you'll feel the echoes of the past everywhere. This island is not only a paradise for nature lovers, but too a treasure trove of stories from a fascinating past.



Hotels

- **☑** Where to stay Hotels, hostels, guesthouses and homestays
 - **☑** Best areas to stay Colombo for city life, Ella for nature, Mirissa for beach.
 - Recommended hotels & hostels (with short a scriptions).

Hotels:

The Secret Guesthouse (Mirissa): Contally located in Mirissa, this property offers a peaceful setting with a green garden and a lovely swimming pool. The spacious rooms an equipped with air conditioning, a comfortable bed and a fridge. It addition, an extensive breakfast is served every moreing on the waterfront terrace.

Negombo Boutique Vola (logombo): This small-scale villa is located on the canal and for tree a swimming pool. The spacious rooms are equipped with a scanditioning, a fridge and a comfortable bed. The property is with ceasy reach of restaurants, the beach and attractions.

Hostels:

tropical gorden and a swimming pool. It is located slightly outside the city centre, but is easily accessible by tuk-tuk. Please note that there are only two bathrooms for the two dormitories, and there is a curfew at 23:00. JJ's Hostel (Mirissa): A friendly hostel with many activities, making it easy to meet other travellers. It features a swimming pool and offers yoga classes every morning during high season.

Hotels

Barefoot Backpackers Hostel (Hiriketiya): This Dutchowned hostel offers both dorm beds and private rooms. Activities are organised regularly and breakt is included in the price. A recommended activity is the group trip to the Tangalle Rice & Carry hight.

Dots Bay House Hostel (Hiriketiva): Copular hostel with unique mini-rooms in the dorm, as well as private rooms and bungalows. It offer the excellent breakfast, a swimming pool and organises yoga and surfing lessons.

2in1 Kandy Hosta. (Kandy): This small, personal hostel is located just octsit the city centre and offers great views of the surrism rom the balcony. It is very clean and has all the necessary facilities, including free coffee and tea. The staff are friendly and helpful with recommendations. Please note that availability and prices may vary, so it is advisable to book in advance and check for the most upto-date information.

Activity in Sri Lanka

Climb the Sigiriya Rock (Lion Rock)

A UNESCO World Heritage Site with beautiful murals and breathtaking views.

I have asthma and I managed to do it on top of hieper ventilation but I managed it.



Kuloya Waterfall

kukuloya waterfall is a good place to chill nice water.



Spot wild elephants, leopards and crocodiles.











Train journey from Kandy to Ella

One of the most beautiful train journeys in the world through tea plantations and mountains

Vediyarasan Fort

Vediyarasan Fort is a historic fort in Sri Lanka, believed to have been built by the local Tamil king Vediyarasan, the fort is located in the eastern but on builsland and has had strategic ignit ance in past conflicts. Today only this remain, but it remains an interestic site for history buffs.

Nating school

Visiting schools in Sri Lanka can be a unique experience. The education system consists of government schools, private schools and international schools. Visitors can often tour schools with permission, especially in rural areas where children enjoy interacting with foreigners.

Volunteering in schools is also popular, with travellers teaching English or helping with creative activities. It's a great way to experience local culture and contribute to the community. Want to visit a specific type of school?n

Surfing in Arugam Bay or Weligama

Perfect waves for both beginners and advanced surfers.

The Temple of the Tooth (Kandy)

A sacred Buddhist site where a tooth of Buddha is said to be kept





Experience the Full Moon (Poya) Festi

in Sri Lanka with grant temple festivals and interns.



A magical experience at sea.

What should you have done Have.

Nature & Adventure

- ✓ Climb Sigiriya Rock (Lion Rock) A UNESCO World Heritage Site with stunning views.
 - ✓ Hike to Ella Rock & Little Adam's Peak- Enjoy breathtaking landscapes.
- ✓ Take the famous train ride from Kandy to Ella the most beautiful train routes in the world
- Safari in Yala or Udawalawe National Park Spot wild elephants, leopards and other applys.
 - Surfing in Arugam Bay or Weligar. Leal for beginners and advanced surfers.
- Whale and dolphin watching the issa A unique experience at sec.

Culture & History

- ✓ Visit the Temple of the Tooth in Kandy One of the holiest Buddhist sites.
- Poloniaruwa Ancient ruins and temples. Visit a traditional tea plantation in Nuwara Eliya – Taste fresh Ceylon tea and learn about the production process.
 - See the Golden Temple of Dambulla An impressive cave temple complex.
 - Experience a Sri Lankan dance performance in Kandy Traditional music and dance.

What should you have done Have.

- Relaxation & Unique Experiences
 Relax on the beaches of Mirissa, Unawatuna
 or Hiriketiya White beaches and an axore blue
 sea.
 - ✓ Visit a turtle sanctuary in Ben on or Mirissa– Help protect sea curties.
 - Enjoy an Ayurvedic massage or spa treatment – Petrot for relaxing.
 - ✓ Take a Sri Lankan cooking class Learn to make delice as curries and roti.
 - Taste the local cuisine Rice & curry, hoppers and fresh seafood are a must!
 - Take a boat trip through the mangroves in Madu River Spot exotic birds and animals.
 - ✓ Visit the Dutch fortified city of Galle Colonial architecture and cozy streets.

Other info

- Suitcase or Backpack?
- ☑ Backpack Ideal for travelling, easy to take with you on the train and bos.
- Suitcase Handy if you stay in our place or travel with a private driver.
 - Essential decuments
 - Passport (valid rat least 6 months)
 - Visa for Sri lanka (apply for ETA online)
- ✓ Travel insural ce (for emergencies or illness)
 - Vaccination booklet (yellow booklet) (sometimes required for vaccinations)
- redictard / bank card (activated worldwide)
- Copies of important documents (also digital)

Other info

- Clothing (light & airy, because of the tropical climate!)
 - Light shirts & shorts (for warm days)
- Long pants & long-sleeved shirt (for temple visits and mosquito protection)
- Sarong or scarf (for temples, where covered thing is mandatory)
- Raincoat or poncho (for unexpected tropical showers)
- ✓ Good walking shoes or sneakers (technikes such as Ella Rock)
- ✓ Flip-flops or sandals (for the Leach and relaxing days)
 - Swimwear / bikin for beach and pool)
 - ✓ Hat / cap & sungla ses (against the bright sun)
 - Medical supplies
 - Surscreen (high factor, 30+ or 50+)
 - V DEET or other mosquito repellent
 - ✓ Trave pharmacy (paracetamol, anti-diarrheals, ORS, plasters, antihistamine)
 - Personal medication (+ doctor's note if necessary)

Other info

Electronics & gadgets

- World plug (Sri Lanka uses type D & G sockets)
 - ✓ Power bank (useful for long train journess)
- Camera or smartphone with sufficient corage
 - E-reader or book (for relaxing n the beach)
- Earplugs or noise-cancelling headr ones (for the train or pland)

Other u eful items

- ✓ Quick-drying wel (for beach & hikes)
- Water bottle viti finer (e.g. LifeStraw to safely drink tap water)
 - Small ackpack or day bag (for day trips)
 - Locks for your luggage
- Snork I set (optional, but useful if you go snorkeling)

 Small first aid kit

transport

✓ How to get to Sri Lanka? – Fly to Colombo (Bandaranaike International Airport



Domest transport

Irain (you really have to do it once! Especially Kandy – Ella)

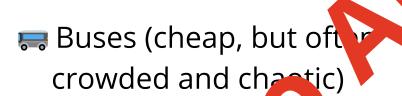
Tuk Tuks & Taxis (use PickMe app for fair prices)



transport



Hire a private driver (comfortable and convenient if you have little time).





Rent a scotte or car or tuck tuck? – Rules and whether you need an international driving license.



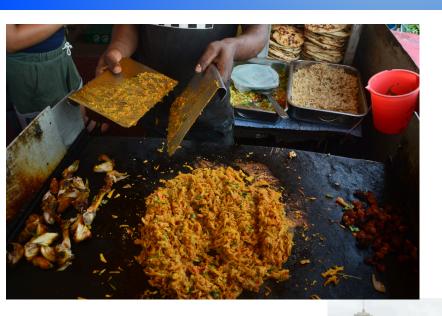
Apps you can use

- Useful apps & websites
- PickMe Cheap taxi and tuk tuk app.
 - ✓ Google Maps & Maps.me For offline ravigation.
 - Booking com & Agoda For notels.
- RomezRio For travel routes and ransportation options.
 - XE Currency Up-to-date exchange rate information.

Useful tips & do's & don'ts

- ✓ Do's:
- Respect temples: shoes off & appropriate clothing.
 - Bargain at tuk tuks (or use Pick app).
 - Eat at small local eateries forth best flavours.
 - ✓ Den'ts
- X Don't point your finger (considered rude).
- X Don't touch Buttona statues and definitely don't take a licture with your back to them.
- X Don't experieveryone to be punctual 'Sri Lanka time' is relaxed.

Food & Drink



Where to eat?

Street food restaurant a c local malkets.

Is tap water safe?

No, always drink
bottled or filtered
water.



- Rice & Curry (the national meal).
- Hoppers (pancakes in a bowl, delicious for breakfast).
 - Nottu Roti (Sri Lankan street food specialty).
- King Coconut (refreshing thirst quencher).

Natasja op reis.nl

What an amazing time I had in Sri Lanka! This beautiful country surprised me with its breathtaking nature, ancient temples, delicious food and the warm hospitality of the people. From the green tea fields in Ella to the tropical beautes of Mirissa – every place had its own mag.

I want to thank everyone who made this trip surpecial: the friendly locals, my fellow travelers and of course you, my followers, who experienced this journey with me. Sri Lanka is really recommended and I hope that the experiences inspire you to discover this beautiful country for yourself!

Tove, Natasja

