



The Hill Country

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Best Places to Eat

- » The Old Course Restaurant (p161)
- » Sharon Inn (p139)
- » Cafe Chill (Nescoffee Shop) (p172)

Best Places to Stay

- » Lavender House (p155)
- » The Kandy House (p149)
- » Royal River Resort (p154)
- » Waterfall Homestay (p170)
- » Tea Trails (boxed text p153)

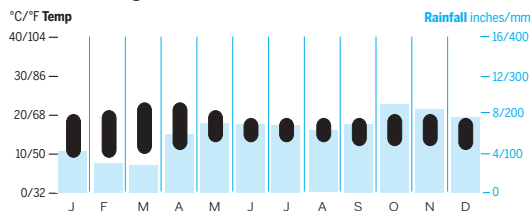
Why Go?

Picture Sri Lanka and visions of golden beaches probably dance before your eyes. But there's another side to this island. It's a side where mists slowly part to reveal emerald carpets of tea plantations and montane forests clinging to serrated ranges bookended by waterfalls. It's a side where you can wear a fleece in the daytime and cuddle up beside a log fire in the evening. It's a side where you can walk to the end of the world, stand in the footsteps of the Buddha, paddle a raft down a raging river, enjoy the drumbeat of traditional dance and be surrounded by a hundred wild elephants.

With a hit list like that it's perhaps hardly a surprise that when many visitors look back on their Sri Lankan adventures it's not the beaches that make them smile fondly, but rather it's memories of Sri Lanka's surging, rolling highlands.

When to Go

Nuwara Eliya



Jan Clear days, crisp nights and the pilgrimage up Adam's Peak.

Apr The Sinhalese New Year means horse racing and a hectic social calendar in Nuwara Eliya.

Jul–Aug Elephants put on their best frocks for the spectacular Kandy Esala Perahera festival.



The Hill Country Highlights

- 1 Experiencing the excitement of elephants, drummers and dancers at the **Kandy Esala Perahera** (p140)
- 2 Getting away from Sri Lanka's energetic buzz by trekking in the montane forests of the **Knuckles Range** (p150)
- 3 Joining devout pilgrims and following flickering torchlight to ascend the

- sacred heights of **Adam's Peak** (Sri Pada; p150)
- 4 Rattling and rolling with Tamil tea pickers on a slowly, slowly train journey from **Haputale to Ella** (p168)
- 5 Winding down in **Ella** (p170), combining excellent home-cooked food and spectacular walks

- 6 Discovering your inner birdwatcher amid the tangled perfection of the **Sinharaja Forest Reserve** (p178)
- 7 Rising before dawn for a view from the stunning heights of **World's End** (p163)
- 8 Counting elephants by the dozen in the **Uda Walawe National Park** (p176)