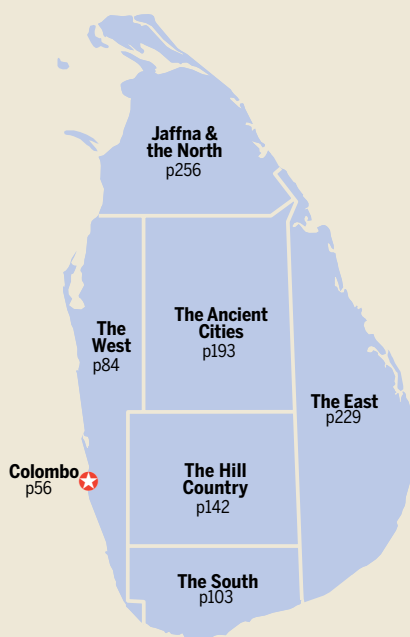




Sri Lanka



THIS EDITION WRITTEN AND RESEARCHED BY

Ryan Ver Berkmoes,
Stuart Butler, Iain Stewart

PLAN YOUR TRIP

Welcome to Sri Lanka ...	4
Sri Lanka Map	6
Sri Lanka's Top 20	8
Need to Know	18
First Time Sri Lanka ...	20
What's New	22
If You Like.....	23
Month by Month.....	26
Itineraries	29
Eat & Drink Like a Local.	34
Beaches & Activities ...	39
National Parks & Safaris	46
Travel with Children.....	51
Regions at a Glance....	53

ON THE ROAD

COLOMBO	56	Dondra	128
History	58	Talalla	128
Sights	58	Dikwella	129
Activities	69	Goyambokka	129
Tours	70	Tangalla & Around	130
Festivals & Events	70	Bundala National Park	134
Sleeping	71	Tissamaharama	134
Eating	75	Around Tissamaharama	137
Drinking & Nightlife.....	78	Yala National Park	138
Entertainment.....	79	Kataragama.....	140
Shopping.....	80		

THE WEST

North of Colombo

Colombo to Negombo ...	86
Negombo	86
Around Negombo	91
Negombo to Kalpitiya ...	91
Kalpitiya & Dutch Bay ...	91
Wilpattu National Park ...	93

South of Colombo

Aluthgama, Bentota & Induruwa	95
Hikkaduwa & Around.....	98

THE HILL

COUNTRY

Colombo to Kandy	144
Kandy	144
Around Kandy	158
East of Kandy	161
Adam's Peak (Sri Pada)	163
Kitulgala	165
Kandy to Nuwara Eliya	166
Nuwara Eliya	166
Around Nuwara Eliya ...	171
Horton Plains National Park & World's End	173
Belihul Oya	175
Haputale	175
Bandarawela	178
Ella	179
Around Ella	184
Badulla	185
Koslanda	186
Wellawaya	186
Embilipitiya	187

THE SOUTH.....

Galle	104
Around Galle	115
Unawatuna	115
Unawatuna to Koggala	120
Ahangama & Midigama	121
Weligama	123
Mirissa	123
Matara	126



**MALABAR PIED HORNBILL,
YALA NATIONAL PARK P138**



**FRESCOES,
SIGIRIYA P200**