



160 SQUADRON
Returns to
SRI LANKA



Api Soya Paragasamu

"We Seek and Strike"

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The Itinerary

**Negombo – Dambulla - Trincomalee – Polonnaruwa - Kandy –
Mount Lavinia**



This tour, specifically designed for 160 Sqn, revisits the major highlights of their tour in March 2005 and includes Kimbissa (Sigiriya), Ratmalana, Hingurakgoda (Minneriya), and Kandy. The famous harbour of Trinco will be a new destination, and, instead of travelling to Nuwara Eliya, a few days on the coast at Mount Lavinia has been added to make the tour more leisurely. Indeed this has been reflected throughout the tour - with as many late starts and, as short a distance as possible, to travel each day.

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Day 1

To Colombo

Depart London Heathrow on Sri Lankan Airlines flight to Colombo

Depart Heathrow Sri Lankan Airlines UL 504 2125 hrs

Day 2

Negombo

Arrive Colombo 1330 hrs

Met on arrival & transfer by air-conditioned private coach to Negombo. Rest of the afternoon at leisure

**Stay at the Brown Beach Hotel, Negombo for 2 nights.
(Deluxe Beach Rooms)**



Negombo situated by the shores of a lagoon by the same name once has been a trading port for Portuguese and Dutch and is a ideal place for those who want quick access to and from the airport. Attractions in the city are the old Dutch fort gate built in 1672 now a part of the prison, the Dutch Canal which was then a supply route to the Dutch administration, old churches and fishing villagers. The 100km long canal running through the town is still being used and is an attraction for those who want to see the country from a different perspective.

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**Day 3****Negombo**

Day at leisure or optional visit the local fishing market and sightseeing of Negombo.

Day 4**To Dambulla**

After breakfast, drive to Dambulla conveniently situated to visit the cultural triangle. (3 hrs drive approx) Afternoon visit the Air Force Base at Kimbissa and meet with the officers. See the ruins of the billets where the Pilots lived.

Stay at the Amaya Lake, Dambulla 1 night. (Chalet)

Day 5**To Trincomalee.**

After breakfast drive to Trincomalee. Stop at Uppuveli to see the well-maintained Commonwealth War Memorial. (3hrs drive approx). Near the 2 lagoons on the way, and, at corners, look for Phil-boxes and Anti-Tank obstructions that came into their own during the War, when helping to stop the Japanese Army storm the harbour after a surprise landing near Nilaveli.

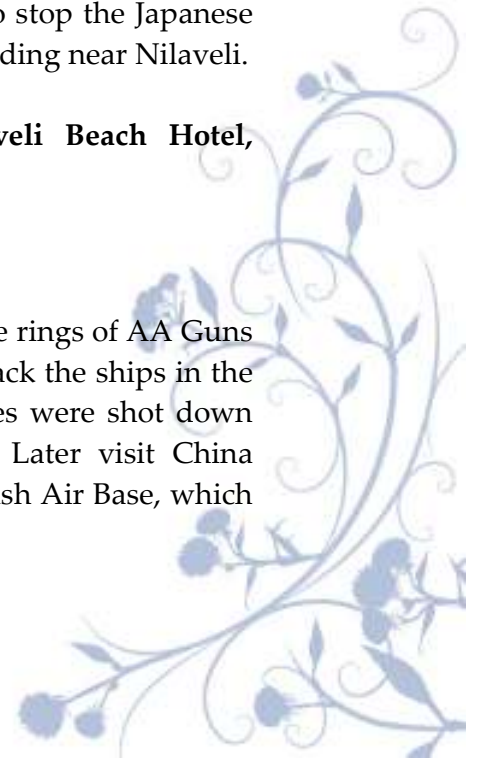
Afternoon at leisure. **Stay at the Nilaveli Beach Hotel, Trincomalee for 2 nights. (Deluxe Rooms)**

Day 6**To Trincomalee.**

After breakfast drive to Fort Fredrick- where rings of AA Guns were placed to stop Bombers coming to attack the ships in the Harbour. Several "Zero" and "Zeke" planes were shot down and some are still lying in the deep waters. Later visit China Bay - SLAF Base China bay is a former British Air Base, which came under the South East Asia Command.

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Finally drive around the City area - the promenade in front of the Fort, large Oil Tanker Farm, Trincomalee Airport, Sweat Bay, Dutch Bay, Dead-Mans Cove and Marble Bay where sailors went for sea bathing. Later visit the Trincomalee Air force Base and meet with the officers

Day 7

To Dambulla

Late morning drive back to Dambulla. After lunch at the hotel visit the Sri Lanka Air force base at Minneriya and enjoy afternoon tea with the offices.

Stay at the Amaya Lake, Dambulla 2 nights. (Chalet)

Day 8

Village visit & excursion to Polonnaruwa

Enjoy a bullock cart ride to a local village. Afternoon sightseeing tour of Polonnaruwa the Medieval Capital of Sri Lanka. See the Gal Vihara – wonderful lifelike statues of the Buddha, and the remains of the ancient hospital.



Polonnaruwa became Sri Lanka's royal medieval capital in 1073. For nearly a century it had been a military base for invading Chola tribes, from southern India, until they were overthrown by the Singhalese king, Vijayabahu I in 1070. Vijayabahu committed his life to the development of irrigation and Buddhism. His death left a power vacuum in Sri Lanka until the advent of Parakramabahu I, often praised as the last great Sri Lankan king, who captured Polonnaruwa in 1161 and assumed control of the entire island.

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Day 9

To Kandy

Morning leave for Kandy via Matale. En route visit a Spice Garden to see different varieties of spice trees plants and creepers and Batik Factory.

Afternoon visit the Royal Botanical Gardens at Peradeniya, where Lord Mountbatton established the South/East Asian Command Office, for 3 years from 1943 during the 2nd World War. He used the present Herbarium for his Office and stayed in the adjoining building. The Garden was closed for 3 years for visitors and the military personnel stayed in tents in the gardens. Evening enjoy a Kandyan Dance performance at the nearby cultural centre.

Stay at the Earls Regency, Kandy for 2 nights. (Deluxe Rooms)

Day 10

Kandy War Cemetery & City Tour

Late morning visit the Commonwealth War Cemetery in Kandy and the British Garrison Cemetery behind the Temple of the Tooth Relic. Kandy City tour including the Temple of the Sacred Tooth Relic and other city sites.



Kandy - The hill capital of Sri Lanka nestling among the misty hills in the central region of this paradise island is undoubtedly one of the most beautiful cities in the world. It was here once the Sinhala kings ruled majestically.

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As the shrine holding the sacred tooth relic of the lord Buddha is placed in the heart of the city, it's also the most venerated city in Sri Lanka. Because of the history, pageantry and veneration associated with this exquisite city, UNESCO classes Kandy as a World Heritage City.

Kandy is a reflection of the variety, harmony and diversity of the people and cultures that make Sri Lanka a great nation. It was once the capital of the Kandyan kingdom, the last bastion of resistance to the colonial domination of the nation. This royal city fell to the British in 1815 sealing the fate of Sri Lanka's long cherished independence.

Day 11

To Mount Lavinia

Early morning start to Pinnawela Elephant Orphanage enroute to Mount Lavinia. If lucky you might be able to bottle feed one of the 'babies'. Then watch them luxuriate in the fast running waters of the river.



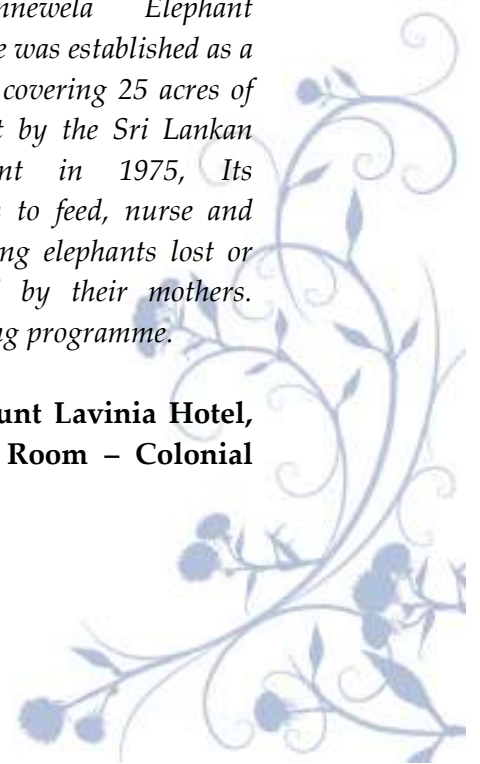
The Pinnewela Elephant Orphanage was established as a sanctuary covering 25 acres of lush forest by the Sri Lankan Government in 1975, Its purpose is to feed, nurse and house young elephants lost or abandoned by their mothers.

Recently the sanctuary has also started a breeding programme.

Rest of the day at leisure. **Stay at the Mount Lavinia Hotel, Mount Lavinia for 3 nights. (Bay Wing Room – Colonial Wing)**

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**Day 12****Press Briefing and Ratmalana Air force Base visit**

1030 AM press conference at the Mount Lavinia Hotel.

Afternoon visit the Ratmalana Airport, the closest to Colombo, which was the major airport during the War where, Wasp, Mosquito & Spitfire squadrons were based.

Day 13**Colombo Tour**

After breakfast visit the Commonwealth War Cemetery sections at the General Cemetery. Later visit the Ex Air Force Association HQ and meet some of the members over a cup of tea.

Day 14**To London**

Morning transfer to the airport to board Sri Lankan Airlines flight back to London

Depart Colombo	Sri Lankan Airlines UL 503	1315 hrs
Arrive Heathrow		1945 hrs





The Cost (Valid 01st Feb – 23rd March 2010) (Based on 20 persons)

Price per person sharing a twin / double room £1695.00

Single room supplement £350.00

Cost Includes

- International flights as specified with Sri Lankan Airlines in economy class.
- Accommodation as specified with en suite facilities (*Check-in and check-out times are 12 noon. Early check-in and late checkout are subject to availability*).
- All transfers and sightseeing tours by air-conditioned private coach with services of an English-speaking guide and assistants.
- Daily breakfast and evening meals throughout.
- Sightseeing tours & excursions as specified.
- Services of local representatives & tour managers.
- Entrance fees to monuments and sights as specified.

Not include:

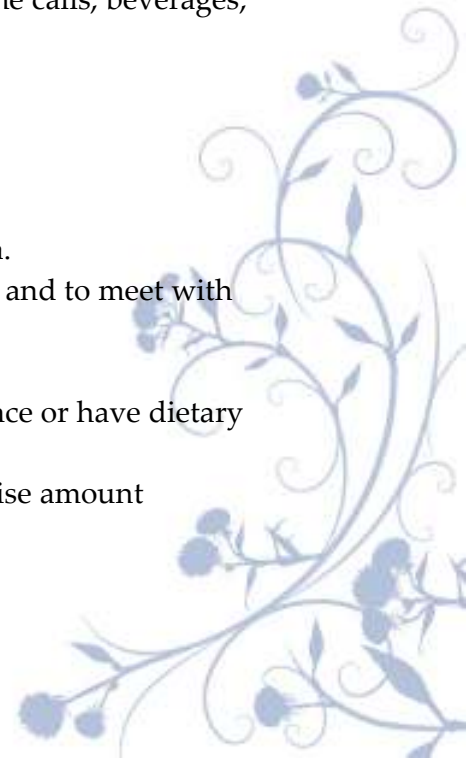
- Travel Insurance.
- Any expenses of a personal nature like laundry, telephone calls, beverages, gratuities etc.
- Camera fees at monuments or other places of interest.

Remark:

- March 2010 would be an excellent time to visit
- British Passport holders do not require visa for Sri Lanka.
- Permissions will have to be sought to visit certain places and to meet with the serving personnel.
- Wheel chairs can be provide and booked in advance
- We will need to know how many require special assistance or have dietary needs.
- If you require the token shields as in the past please advise amount required.

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Hotel Descriptions



Brown Beach Hotel – Negombo

One of the very first hotels to be established in the North West coastal town of Negombo, Browns Beach Hotel offers 135 rooms. 25 of these rooms - called the Beach Rooms - were completely refurbished in 2006. The beach rooms have direct access to the beach. A homely laid-back atmosphere makes Browns Beach Hotel an ideal destination for families. The beachside setting - swaying

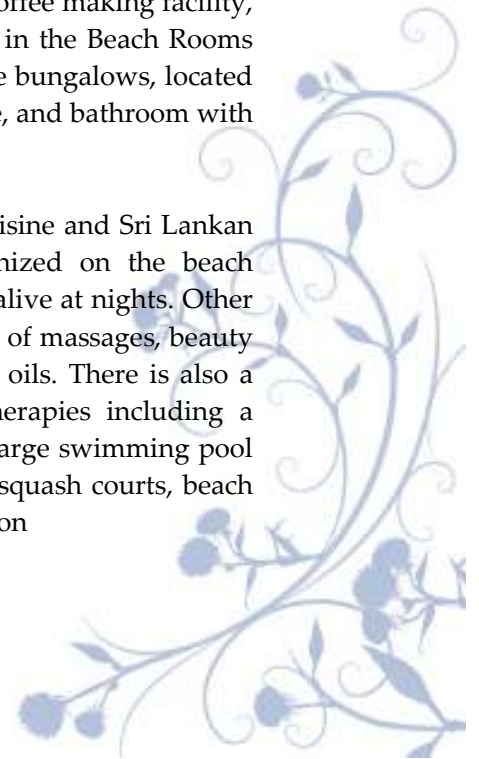
palms, catamarans in the horizon, and the turquoise blue waters of the Indian Ocean - will also suit those seeking a romantic getaway.

The hotel offers 100 Standard Rooms, 25 Beach Rooms and 10 Bungalows. All rooms are air-conditioned and have sea views with balcony or verandah and attached bathrooms with hot and cold showers. The rooms are furnished with comfortable double beds and have television, radio, telephone, mini bar and overhead ceiling fans. The Beach Rooms are located on the ground floor and open out onto the beautiful stretch of beach. Furnished in a contemporary style, the interiors are highlighted in saffron and ivory and have the added facilities of Cable TV, tea/coffee making facility, security safe, and a private verandah and small garden. Guests in the Beach Rooms have access to a private air-conditioned bar with satellite TV. The bungalows, located at the end of the property, consist of a sleeping area, small lounge, and bathroom with shower. These do not have sea views.

The two restaurants overlooking the beach offer international cuisine and Sri Lankan rice and curry. Seafood BBQs and special dinners are organized on the beach according to guest's wishes. The beach bar and nightclub comes alive at nights. Other facilities include a new Ayurveda centre with an extensive menu of massages, beauty treatments and flower baths using natural products and herbal oils. There is also a Chinese Reflexology Centre providing a range of relaxing therapies including a blissful foot massage. For those who are more active, there is a large swimming pool including a children's pool, water sports, flood lit Tennis court, squash courts, beach volleyball and indoor games such as carom, darts and backgammon

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Amaya Lake – Dambulla

Amaya Lake (formerly known as Culture Club) is peacefully situated at the heart of tropical parkland. It boasts a spacious and natural location, alongside Dambulla Lake, and is perfectly placed to explore the many historic delights of the cultural triangle.

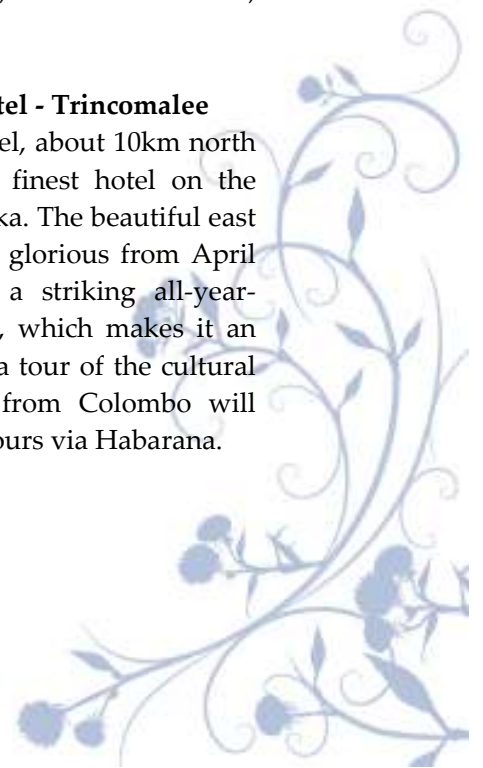
Amaya Lake can be counted among the select number of hotels in the cultural triangle. A luxurious calm settles over this excellent eco-friendly hotel. Low-level buildings, giving a sense of space and natural light, blend subtly with the surrounding woodland whilst the interior décor combines tradition with comfort. Extensive grounds lead down to the lake and include a "quiet zone" where you can listen to bird song.

The 92 a/c luxury chalets have bedroom and sitting area, telephone, radio, veranda, attached large bathroom with bath, shower, w.c. Amenities include an open lobby with sitting area and bar, open-air and a/c restaurants, TV lounge, shopping arcade, conference room, large pool with pool bar, floodlit tennis court, volleyball, jogging track, water polo, cycling, bullock cart rides, jungle tracking, bird watching. Rowing, boating and fishing on the lake. Regular evening entertainment, lakeside barbecues, theme nights. Excellent Ayurveda centre.



The Nilaveli Beach Hotel - Trincomalee

The Nilaveli Beach Hotel, about 10km north of Trincomalee, is the finest hotel on the eastern coast of Sri Lanka. The beautiful east coast beaches are most glorious from April to October, but offer a striking all-year-round stretch of beach, which makes it an interesting addition to a tour of the cultural triangle. The journey from Colombo will take approximately 7 hours via Habarana.





Nilaveli Beach Hotel, completely refurbished following the devastating effects of the Tsunami, reopened its doors in September 2007. Guests can once again relax on the pristine white sands of Nilaveli; take in its natural beauty and Trincomalee's deep-rooted history. Pigeon Island, a haunt for snorkellers. Trincomalee - praised by Horatio Nelson as 'possessing the finest natural harbour in the world', is within easy reach.

80 comfortably furnished rooms are categorized as Standard a/c, and non-a/c sea view rooms, Deluxe Rooms and Luxury Suites. The attached bathrooms have h/w showers, washbasin, and w/c. All rooms have overhead fans and private patios overlooking the sun kissed beaches and the turquoise waters of the Indian Ocean.

The main restaurant serves Sri Lankan and Western cuisine with a variety of seafood specialties including lobster, crab and prawns. A candle lit dinner under the stars on the white sands of Nilaveli - is also a special experience. Three bars located in the lounge and on the beach offer a range of cocktails and other spirits. Facilities include a swimming pool with sliding board, IDD facilities, a TV Lounge, gift boutique and PADI Centre for hiring snorkelling equipment.



The Earls Regency - Kandy

The Earls Regency, which lies alongside the broad Maheweli River and is overlooked by the lush Knuckles mountain range, offers modern five-star comfort in a central, but relatively peaceful, corner of the hill-country capital of Kandy. The journey from Colombo to Kandy is about 3 ½ hours.

Earls Regency is arguably the most prestigious of Kandy's traditional hotels. The hotel has a sense of grandeur from the moment you approach its palatial lobby, with indoor waterfall. A large lounge bar and mini lounge areas offer a welcome personal touch. The Far Pavilion restaurant is light and airy. Earl's Regency is just 15 minutes away from the picturesque Victoria Golf and Country Resort which has won many accolades.



Eighty-five well-appointed a/c rooms, including 16 deluxe rooms, four suites and two penthouses. Rooms have richly polished wooden floors, understated décor, floor-to-ceiling windows and attached bathrooms. All rooms have a/c and most have ceiling fans. Most rooms have private balconies overlooking the mountains and the Mahaweli River. Facilities include satellite TV, IDD phone, minibar, safety deposit box, 24-hour room service, and laundry service.

Temptations Restaurant has a formal air, offering an a la carte menu comprising Sri Lankan and international cuisine and a good wine list. There are two bars – the Mountbatten Bar and, during the day only, the Pool Bar. Ayurvedic health centre, shopping arcade and evening entertainment including a traditional Kandyan dance performances. Sports and leisure facilities include a floodlit tennis court, squash courts, gymnasium, swimming pool, children's pool & play area. Spa relaxation garden, sauna and jacuzzi.



Mount Lavinia Hotel – Mount Lavinia

The Mount Lavinia Hotel, a characterful beachside 'four star' hotel of great tradition, was once, famously, the sprawling mansion of a British Governor General in colonial times. The hotel is located in Mount Lavinia, on the southern fringe of Colombo, and famed as the

capital's only true beach resort. This sprawling hotel hugs the coastline of Mount Lavinia with magnificent views of the Indian Ocean and has access to a long stretch of private beach. Situated en route to the south coast, this is an ideal first or last stop in a holiday to Sri Lanka. The journey from Colombo's International Airport will take about 1.5 hours.



The Mount Lavinia Hotel is built incorporating the Victorian architectural style of the original 200-year-old residence of Sir Thomas Maitland, Governor General of Ceylon in the early 1800s. The hotel preserves the old world charm, lightened a little these days with more informality and a touch of romance, but you may still be treated to a doorman's salute. Weddings at sunset on the beach and intimate dinners on the terrace under the stars are always special here. A visitor wedded to the demanding pace of modern life may find Mount Lavinia's service a little slow and stilted, but those who can settle to a more relaxed pace of life will lap up the atmosphere.

Mount Lavinia makes sterling efforts with entertainment, and you may be lucky enough to be there when the hotel's private beach comes alive. The surrounding township of Mount Lavinia, with its maze of narrow by lanes, small beachside restaurants and wayside boutiques, will also appeal to an adventurous spirit.

275 ensuite rooms and suites are situated in the Governor's Wing, Bay Wing, and Sea & Garden Wings. All rooms have a/c, satellite TV, mini bar, 24-hour room service, laundry and valet service.

Mount Lavinia Hotel takes pride in their cuisine with international and local chefs providing a range of menus that are offered at different dining venues. Mount Lavinia Hotel's local head chef, Pubilis, who joined the hotel in 1957, is now also a famous TV personality and hosts his own Sri Lankan cookery show on TV. He also does much to promote Sri Lankan cuisine internationally. There are three main dining venues - Sea Food Cove located on the beach which offers a sea food market concept where guests choose from a range of fresh seafood cooked to their preference; the poolside terrace where guests are treated to the Governor's High Tea at sunset and romantic dining under the stars at night; and the Governor's restaurant that serves up a mix of Sri Lankan and International cuisine. Other facilities include several indoor and outdoor bars, the Little Hut nightclub - often with live music - the Coconut Spa that offers a range of relaxing therapies, Yoga classes, a gym a gym. Other sports facilities include mini-golf, pool, beach volleyball and table tennis. The Swimming pool with a kid's pool is located on the terrace overlooking the bay and Colombo's skyline. Often movies are screened by the poolside at night. There is also a well-equipped business centre and shopping arcade with several jewellery and souvenir shops.

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