

58TH COMMONWEALTH PARLIAMENTARY CONFERENCE

COLOMBO, SRI LANKA

7TH-15TH SEPTEMBER 2012



EXCURSION PREFERENCE FORM

Note: Please read the information contained herein before making your choice.

Please fill this form to indicate area of your choice by putting preferences.

Please complete and return this form to the Sri Lanka Conference Secretariat by:

Saturday 30th June 2012

To email : cpc2012@parliament.lk or by fax : (+94 11) 2777275 / (+94 11) 2777501

Full Name (<u>Underline</u> your surname, and include title)			
Region / CPA Branch			
Gender		Male <input type="checkbox"/>	
		Female <input type="checkbox"/>	
Accompanied by spouse			
No	Destination	Date	Choice
1	City Tour in Colombo	13/09/2012	
2	One Day Tour to Kandy	13/09/2012	
3	One Day Tour to Koggala	13/09/2012	
4	One Day Tour to Sigiriya	13/09/2012	

Colombo City Tour



Colombo is the commercial capital of Sri Lanka. Originally a seaport used by sailing vessels. Colombo has been ruled by the Portuguese, the Dutch and the British. Colombo's colonial heritage is visible in many parts of the city with ancient churches and mansions. The city has many tourist attractions such as the Town Hall, the National Museum and the Independence Square. Other important landmarks in the capital are the Galle Face Green, the Old Parliament Building, the Vihara Maha Devi Park (Victoria Park) and the Old Dutch Hospital Shopping Complex.

Colombo is also a wonderful place for a shopping spree and some of the better known shopping malls **Majestic City, Liberty Plaza** and **Crescat** are located at a short distance away from leading tourist hotels in Colombo. Those interested in traditional handicrafts can choose from a wide variety of items at '**Laksala**' at York Street, Colombo 01, a government run handicraft store. A number of leading gem and jewellery stores are found along the stretch from Colombo Fort to Wellawatta on the Galle Road, cater to the needs of discerning visitors.

Kandy

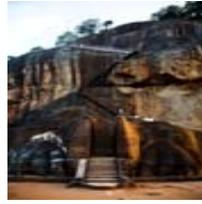


Kandy was the last capital of the Sri Lankan kings and is a World Heritage Site. Located in the Central Province, it was founded in the late 15th century and the city lies in the midst of hills in the Kandyan plateau. The distance from Colombo to this scenic city, widely regarded as the cultural capital of the island, is 115 kilometers.

Kandy, the home of the Temple of the Tooth Relic (Sri Dalada Maligawa) where sacred tooth of Buddha is enshrined is the most venerated place for the Buddhist community in Sri Lanka and all around the world. The temple was built in the 16th century but improvements and additions have been done to this structure from time to time until the kingdom fell in 1815. **Visitors entering the temple should be modestly dressed in a manner befitting a place of worship and is required to remove their hats and shoes.** Traditional rituals are conducted daily at various times by Buddhist monks and temple officials. Kandy Pageant of the temple is held either in July or August each year. This is the most spectacular event of the country with more than fifty decorated elephants parade the city accompanied by drummers, dancers and chieftains.

The Peradeniya Botanical Garden, one of the important landmarks in Kandy was first built as a pleasure garden by a Sinhala king and later developed by the British rulers. This garden of 40 hectares is a beautiful park with numerous tropical foliage. The Kandy Lake built by the last Sri Lankan King Sri Wickrama Rajasinghe in 1798 brings splendour to the city.

Sigiriya (Lion's rock)



Sigiriya is an ancient rock fortress in the Matale District, Central Province. At the brief height of its glory-it was a royal citadel for more than 18 years, from 477 to 495 A.D. This has been named as a World Heritage site by UNESCO. There are many interpretations of the Sigiriya period history replete with legend, love and betrayal. But one story remains, the story of Kaspaya (477-495 A.D.) its creator, King with an artist's soul. In a sheltered pocket on the western face of the Sigiriya rock, approached by a spiral stairway, are the famous frescoes. Epigraphical evidence refers to the existence of 500 such portraits, but only 21 remain today. The poems inscribed on the mirror wall and known as 'Sigiri graffiti' are among the most ancient texts in the Sinhala language.

At the summit of the rock is the fortified palace with its ruined buildings, its cisterns and its rock sculptures. The rock paintings have brought universal acclaim to Sigiriya.

The beautifully landscaped water gardens contain a complex network of underground water distribution system, which provides water to the Royal baths, the many little islands and foundations. Some fountains still work during the rainy season.

The climb to the top is 1202 steps and visitors are advised to wear light casual clothing and deck shoes for a smooth climb.

Koggala



Koggala, a small coastal town situated in the Southern Province of Sri Lanka is endowed with a sandy beach, a river and a lake. Koggala beach is a beautiful stretch of clear, soft, golden sand perfect for long walks. Attractive and tranquil Koggala lagoon is dotted with rocky islands and fringed with mangroves.

Koggala is the birthplace of Martin Wickremasinghe, the acclaimed Sri Lankan novelist (1890-1976). The Martin Wickremasinghe Folk Art Museum showcases Sri Lanka's traditional culture.

The Buddhist hermitages which are situated on a couple of islets on the Koggala Lake are interesting places. These islets can be reached by boat. Prior to the Second World War, the Lake was used for seaplanes.

Nearby, there is a small turtle hatchery. The new born turtles are cared for and released back to the ocean. These hatcheries guarantee the survival of these lovely creatures.