



19th LSR Colombo Marathon



06 DAYS / 05 NIGHTS

Day 01 (04th Oct. 2019)
Airport / Negombo

Arrival, welcome by a representative of Lanka Sportreizen and transfer to hotel.

RELAX

Overnight stay at Negombo.

Day 02 (05th Oct. 2019)
Negombo / Torrington Grounds / Negombo

After breakfast group transfer through the Marathon Route to the Torrington Ground for Medical check-up & Registration, where you will be briefed about the event and thereafter you will be issued with your respective number.

Thereafter undertake a City Tour of Colombo including the A **Buddhist Temple, Dutch Wolvendhal Church, a Hindu Temple, Town Hall, BMICH (Bandaranaike Memorial International Conference Hall), Cinnamon Gardens - Prime Residential Area** etc., and continue the tour with a little bit of shopping as well.



Later in the day transfer to Hotel.

Relax

Overnight stay at Negombo.

Day 03 (06th Oct. 2019)
Negombo / Torrington Grounds

To be picked-up between 0430 and 0500 hrs from your respective hotels & to be transferred to the grounds for the start of the marathon.

Overnight stay at Negombo.



Day 04 (07th Oct. 2019)

Negombo / Sigiriya / Dambulla



After breakfast depart to **Sigiriya**... a Royal Citadel for 20 years in the 5th Century AD - stark and forbidding, haunted by an epic story of murder and betrayal is attributed to King Kasyapa who found hiding here after killing his father more fruitful than meeting the wrath of the people who loved King Dhatusena much more before meeting his rival - Prince Mugalan who had fled to India seeking reinforcements of his Army. This unique Rock Fortress or "castle in the sky" - a massive monolith of red stone that rises 600ft above ground , derived the name "Lion Rock" as the entrance to the climb to the summit is reached between the paws of a lion .

Climb the **Rock Fortress of Sigiriya**, a Royal Citadel for 20 years in the 5th Century AD built by King Kasyapa, contemporary with the paintings of Ajantha and Ellora Caves in India, highlights being the Frescoes, Mirror Wall and the Lion's Paw, considered as the 8th Wonder of the modern world, thought to be equivalent to the "Alakamanda" - Celestial Palace of God Kuvera.



After lunch visit the **Dambulla Cave Temple**... a collection of five caves of different sizes full of paintings , sculptures, statues of Lord Buddha, his disciples, Kings , Gods etc. considered to be the largest painted caves in the world with more than 22,000 sq ft of painted surfaces declared a World Heritage Site. Initial authorship is attributed to King Valagambahu who took refuge here after being driven out of Anuradhapura by invading armies, although the works span over all periods since then to the late Kandy Period in the 18th Century



Overnight stay at Dambulla.

Day 05 (08th Oct. 2019)

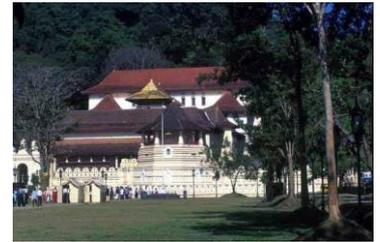
Dambulla / Kandy / Negombo



After breakfast leave for **Kandy**.....literally the "City on the Hills" so named as it was protected by the nature - water, rocks and jungles. The last capital of the Sri Lankan kings before falling to the British in 1815AD which is a World Heritage Site. The name Kandy conjures vision of splendour of magnificence. Many of the legends, traditions and folklore are still lovingly kept alive. The centre of attraction is the golden roofed Temple of the Tooth Relic of Lord Buddha .The Kandy Lake built by the last King Sri Wickramarajasinghe in 1806 holds a prominent view of the City. It is a City for arts and crafts as well culture and history



- Leave for a City Tour including the **Upper Lake Drive** - a place where one could have a bird's eye view of the city below, the **Temple of the Sacred Tooth Relic of Buddha** - by far the most important place of worship for Buddhists world over, a **Gem Museum** - to see how the valuable gems that you see on a shop shelf are turned out from a raw stone with the back ground history.



*En-route to Negombo visit **Pinnawala...** established in 1975 as an effort towards education and conservation by way of scientific captive breeding. The Elephant Orphanage located on the banks of the Maha Oya, established to give shelter to elephants who are displaced from their natural habitats due to various reasons such as environmental changes due to development projects, being abandoned by their parents when they fall into pits and ravines, etc. It is most*

interesting to visit Pinnawala at feeding time when the baby elephants are bottle fed their milk, or at bath time when the whole herd is walked down to the river for their baths.

Overnight stay at Negombo.

Day 06 (09th Oct. 2019)

Negombo / Airport

Transfer to Airport for departure

End of Tour

Cost

- 01 Pax - US\$ 640/-
- 02 - 03 Pax - US\$ 355/-
- 03 - 06 Pax - US\$ 340/-
- 07 - 09 Pax - US\$ 330/-
- 10 - 14 Pax - US\$ 300/-

- Single Supplement - US\$ 150/-
- Triple Reduction - US\$ 20/-

Entrance Fees

- Gangaramaya - Rs. 300/-
- Elephant Orph. - Rs. 2,500/-
- Sigiriya - Rs. 5,280/-
- Dambulla Temple - Rs. 1,500/-
- Dalada Maligawa - Rs. 1,500/-

Marathon Entry Fee

- US\$ 50/- Full Marathon (General / Veteran)
- US\$ 25/- Half Marathon (General / Veteran)



- US\$ 10/- 10 km Fun Run
- US\$ 05/- 05 km Fun Run

COST INCLUDES

- Accommodation on Bed & Breakfast Basis Sharing Double.
- Transport in an A/C Deluxe vehicle with an English speaking chauffeur/Guide.
- Any other local assistance or service that may be required

COST DOES NOT INCLUDE

- Marathon Entry Fee
- Additional meals
- Entrance Tickets
- Porter charges, tips or any other expense that does not included in the Itinerary.
- Optional activities.

✚ We also provide suited Gest House Accommodation starting from US\$ 30/- Per Person Per Night

