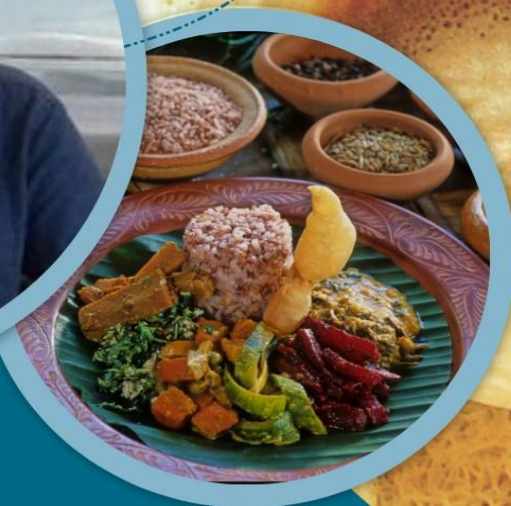


# Sri Lanka Culinary Tours 2024



Join me on a luxury tour of Sri Lanka and experience the country's rich heritage and mouth-watering cuisine firsthand. Our tours are designed to immerse you in the local culture, from visiting food markets and temples to hands-on cooking classes.

Explore Sri Lanka's unique culture and cuisine in luxury with **PETE'S TRAVELLING PANS**

# Explore Sri Lanka's unique culture and cuisine in luxury

Pieter Siebel

3 Hands on cooking experience



## The Southern Tour

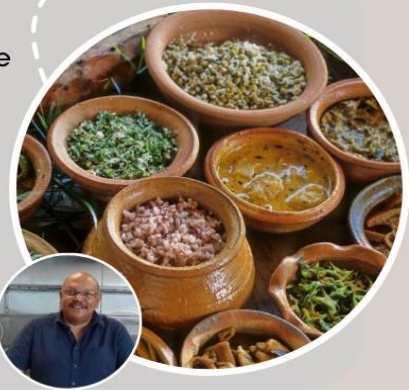
A Journey through Sri Lankan Cuisine

30th March - 14th April 2024

22nd June - 7th July 2024

### Highlights

- 3 Hands on cooking experience, BBQ on the beach, Street food, High Tea, Cultural Dance, Market Visits, Spice Gardens, Sigiriya, Dambulla Caves, Minneriya Jeep Safari, Polonnaruwa, Botanical Gardens, Temple of the tooth, Cocktails, Vadda Village Visit, Tour to the Knuckles Mountain Range, Organic Agriculture Experience, Picnic Lunch, Train Ride, Tea Factory Visit, Bird Watching, Walk at the Galle Fort. Bawa Garden tour, Turtle Hatchery. visit to Barefoot and Laksala



Pieter Siebel

4 Hands on cooking experience



## Flavours of Ceylon

A Sri Lankan Culinary Expedition

8th March - 23rd March 2024

13th August - 28th August 2024

### Highlights

- 4 Hands on cooking experience, 3 Cooking demonstrations, BBQ on the beach, Street food, Dinner By the Lake, Tea Oaring session, learn to make your own curry powder, High Tea, Cultural Dance, 3 Market Visits, Spice Gardens, Sigiriya, Dambulla Caves, Yala Nationals Park Jeep Safari, Botanical Gardens, Temple of the tooth, Cocktails, Tuk Tuk Ride, 9 Arch Bridge, Organic Agriculture Experience, Train Ride, Tea Factory Visit, Bird Watching, Elephant Transit Home, Walk inside the Galle Fort, Turtle Hatchery, Sri Lankan Theme Farewell Dinner on the Beach. visit to Barefoot and Laksala.



Pieter Siebel

3 Hands on cooking experience



## The Northern Tour

Food Adventures of the North Isles

21st September - 6th October 2024

### Highlights

- 3 Hands On Cooking Classes, Street food, Cultural Dance, Market Visits, Dutch Canal, Spice Gardens, Sigiriya, Dambulla Caves, Wilpattu Jeep Safari, Train Ride, Hiriwaduna Village tour, Mannar Islands, Jaffna Fort. Point Pedro. Kantarodai, Nallur Kandasami Temple, Jaffna Public Library, Polonnaruwa, Kandy Temple, Bird Watching, Botanical garden and visit to Barefoot and Laksala.



PETE'S TRAVELLING PANS



PETE'S TRAVELLING PANS

# Sri Lankan Culinary Flavours of Ceylon

Explore Sri Lanka's unique culture and cuisine in luxury

**Duration** : 15 Nights / 16 Days  
**Tour Dates** : 08<sup>th</sup> March & 12<sup>th</sup> August 2024

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## **Day 1: AIRPORT – NEGOMBO.**

Meet and assist on arrival at airport by Transco Travels Representative. Proceed to Negombo and check in at the hotel. The rest of the day will be at leisure.

### ***Overnight Stay at Jetwing Beach, Negombo.***

## **Day 2: VISIT NEGOMBO TOWN. COCONUT ESTATE. THE DUTCH CANAL & LELLAMA FISH MARKET.**

After breakfast, we will take a tour of the Fishing Village in Negombo.

Negombo made its start as a fishing community, and fishermen today continue to hawk their wares on the city's sandy shores. Starting from as early as 4am, fishing boats begin to make their way to the beach laden with the morning's catch. Shrimps, crabs, and lobsters are hunted at the famous Negombo Lagoon, while fresh fish is hauled in from the waves of the Indian Ocean.

Adjacent to the shores of drying fish, the wet market is where fresh seafood can be bought. The wide range of fish sold here includes tuna, mackerel, squid, sardines, and shark.

Visitors that walk the shores of Negombo beach can witness the day's catch being laid out on enormous mats made of coconut fiber. Using an age-old method of open-air drying, the fishermen use the heat of the sun to remove all moisture from the fish and extend shelf life. It will then be salted before being shipped all over the island and sold in stores; dried fish is a very common inclusion in Sri Lankan cuisine.

We will then proceed to tour a working Coconut Estate followed by the Dutch Canal.

The Dutch Canal is a historic canal in Negombo, built by the Dutch in the 17th century. It offers picturesque views and boat rides. Surrounding the canal are lush coconut estates, adding to the beauty of the landscape. Visitors can enjoy the peaceful ambiance and tropical fragrance while exploring this enchanting corner of Sri Lanka.

Afternoon at leisure.

This evening we will visit a local restaurant where you will experience a 'Welcome to Sri Lanka' fusion dinner. Highlighting this dinner is an action cooking segment which will introduce you to local flavours and cooking techniques.

***Overnight Stay at Jetwing Beach Negombo.***

**Included Activities**

- Tour of Negombo town.
- Coconut Estate & Dutch canal.
- Lellama Fish Market.

**Meals Included**

- Breakfast at Jetwing Blue, Negombo.
- Dinner at the Local Restaurant, Negombo.

**DAY 3: SIGIRIYA. SHOW COOKING LUNCH AT SARUKETHA.**

After breakfast, drive to Sigiriya. En route to Sigiriya, Show- cooking lunch at Saruketha restaurant.

Saruketha is a popular restaurant in Sri Lanka known for its authentic Sri Lankan cuisine. One of their specialties is the Sri Lankan show cooked lunch, which offers a unique dining experience.

During the show cooked lunch, you will get to witness the preparation of traditional Sri Lankan dishes. Skilled chefs showcase their culinary expertise as they cook a variety of dishes using fresh ingredients and traditional techniques. The menu typically includes a range of Sri Lankan favorites such as rice and curry, string hoppers, hoppers, roti, and various curries made with vegetables, meat, or fish. You can expect a burst of flavors, aromatic spices, and vibrant colors in each dish.

Thereafter, proceed to Sigiriya and check-in at the Hotel.

In the evening, first hands-on cookery class at the hotel.

***Dinner and Overnight Stay at Aliya Resort & Spa.***

**Included Activities**

- Lunch at Saruketha.
- Cooking Class at Aliya Resort and Spa.

**Meals Included**

- Breakfast at Jetwing Blue, Negombo.
- Lunch at Saruketha.
- Dinner and cooking class at Aliya Resort and Spa.

**Day 4: SIGIRIYA LION ROCK & DAMBULLA CAVE TEMPLE.**

After breakfast, drive to Sigiriya - Sigiriya rock fortress is a UNESCO world heritage site and is home to a series of rock frescoes that are the oldest in the world. You will have the opportunity to climb to the top of the rock to witness its elaborate ancient fortress complex (approximately 2.5 hours round-trip on foot, including stairs). The 200-metre-high ancient citadel built during the 5<sup>th</sup> century features a mirror wall with some of the world's oldest graffiti, terraced gardens and splashing fountains.

On completion, return to the hotel. Afternoon at leisure.

This evening, we will climb to the impressive Dambulla cave complex. A UNESCO world heritage site, located high on a cliff face. You will have time to explore these cave temples and admire the many Buddha statues, frescoes, and paintings.

***Overnight Stay at Aliya Resort & Spa.*****Included Activities**

- Visit Sigiriya.
- Visit Dambulla.

**Meals Included**

- Breakfast at Aliya Resort and Spa.

**Day 5: MATALE SPICE GARDEN. KANDY. CULTURAL DANCES/ESALA PERAHERA**

After breakfast proceed to Kandy via Matale.

Matale Spice Garden is a hidden gem. It is a paradise for spice enthusiasts and food lovers alike. The garden is filled with a vibrant assortment of aromatic herbs and spices, such as cinnamon, cardamom, cloves, and pepper, which are grown and harvested on-site. Visitors have the opportunity to explore the beautiful garden and learn about the various spices and their uses in traditional Sri Lankan cuisine.

One of the highlights of the Matale Spice Garden experience is the curry powder making demonstration. Knowledgeable guides take you through the process of grinding and blending different spices to create the perfect curry powder. You can witness the expertise and artistry that goes into creating the distinctive flavors of Sri Lankan curries.

We will also organize for traditional coconut roti and Lunu miris with a variety of Sri Lankan curries. You will also experience the making of local pancakes, with its distinctive filling of coconut sweetened with treacle and jaggery.

On completion, proceed to Kandy – Check-in at the Hotel.

**March Tour:**

This evening you will experience a Kandyan Dance and Cultural Show.

Kandyan dancing is a celebration of the rich traditions of Sri Lankan culture. The dance which traces its origin from the ancient rituals focuses on dynamism, powerful footwork, leaps, and whirls that imitate several movements from birds and animals. The whole performance is graced by colourful costumes, masked dances, and thrilling fire acts.

**August Tour:**

To end the day, you will experience Kandy's iconic Esala Perehara. (only for the August tour) Perehara is a vibrant and captivating cultural event that takes place in Kandy. It is a grand procession that showcases the rich heritage and traditions of the country. The Perehara is held annually in honor of the Sacred Tooth Relic of Lord Buddha, which is housed in the Temple of the Tooth in Kandy. The procession features beautifully adorned elephants, traditional dancers, drummers, fire performers, and various religious rituals.

***Overnight Stay at Mahaweli Reach Hotel.***

**Included Activities**

- Spice garden.
- Private Cultural Dance (March Tour).
- Experience the Kandy Esala Perehera (August Tour).

**Meals Included**

- Breakfast at Aliya Resort and Spa.
- Lunch at Spice Garden.

**Day 6: TEMPLE OF THE TOOTH. FRUIT & VEGETABLE MARKET. HANDS ON COOKERY CLASS.**

This morning we will drive to Kandy town and take a sightseeing tour.

Kandy, a UNESCO world heritage town, is Sri Lanka's hill capital and the stronghold of the last king of Sri Lanka. It is the island's second most visited place. Home to tea plantations and biodiverse rainforest. The city's heart is scenic Kandy Lake, we will learn of its interesting and sometimes gruesome history. We will then take a tour of the 'Sacred Temple of the Tooth' and learn of its unique history and tales of an underground/underwater tunnel to the lakes island.

On completion, proceed to Fruit & Vegetable Market.

This evening, we will gather on the lawn beside the pool where we will have our second cooking class.

***Overnight Stay at Mahaweli Reach Hotel.***

**Included Activities**

- Kandy Temple.
- Fruit & Vegetable Market.
- Hands-on Cooking Class.

**Meals Included**

- Breakfast at Mahaweli Reach Hotel.
- Dinner and cooking class at Mahaweli Reach.

**Day 7: VISIT THE ROYAL BOTANICAL GARDEN. TEA PLANTATION. HIGH TEA AT GRAND HOTEL NUWARA ELIYA.**

After Breakfast, visit the Royal Botanical Gardens, stroll along the 'Avenue of Palms' that opens onto the Great Lawn with its magnificent solitary giant Java willow tree. First developed as a pleasure garden under royalty and later harmonized by the British, the Royal Botanical Gardens of Peradeniya located just 4 miles off Kandy - is a flourishing national asset. Walk into this 147-acre bliss of an experience, passing well-tended lawns, pavilions & an octagonal conservatory, to be greeted by a vast expanse of magnificently landscaped lush green turf. Some of the highlights include the orchid house, giant Javan fig tree, suspension bridge, giant bamboo, memorial trees planted by visiting dignitaries and a cafeteria.

Witness the processing of tea at a Tea Factory and try your hand at tea picking.

Take a tour to the cold & misty hills that make up Sri Lanka's 'High Country' where lush green blankets of tea adorn the hillsides. Step into a tea factory processing the prestigious brand of Ceylon Tea, to observe a rich tradition being kept alive. Inhale the heavenly scent as you walk past hissing and swishing machines and end your tour in style with a perfectly blended cup of pure Ceylon Tea.

On completion, proceed to Nuwara Eliya and check in at the Hotel.

3.00 pm High Tea on the lawn at the Grand Hotel.

**Overnight stay Grand Hotel Nuwara Eliya.****Included Activities**

- Botanical Garden.
- Tea Plantation and Factory tour.
- Grand Hotel High Tea.

**Meals Included**

- Breakfast at Mahaweli Reach Hotel.
- Grand Hotel High Tea.

**Day 8: NUWARA ELIYA CITY TOUR. STREET CART FOOD.**

After breakfast, visit a vegetable garden and farm.

Then take a city tour of Nuwara Eliya. This charming town is often referred to as 'Little England'. It is known for its cool climate and stunning scenery, including lush green hills, waterfalls and tea plantations.

In the evening, enjoy a Street Cart food experience.

### **Overnight stay Grand Hotel Nuwara Eliya.**

#### **Included Activities**

- Visit Vegetable Garden and Farm.
- Nuwara Eliya City Tour.
- Street Cart Food.

#### **Meals Included**

- Breakfast at Grand Hotel.
- Street Cart Food.

### **Day 9: TRAIN RIDE NANU OYA TO ELLA. NINE ARCH BRIDGE. WELLAWAYA.**

After breakfast take the morning train ride from Nanu Oya to Ella.

The train ride from Nanu Oya to Ella is a picturesque journey through the lush green hills and tea plantations of Sri Lanka's beautiful countryside. Overall, the train ride from Nanu Oya to Ella offers a memorable experience, allowing you to immerse yourself in the scenic beauty of Sri Lanka's hill country. Enjoy the journey and make the most of your time in Ella.

Lunch with a breathtaking view at EKHO Ella.

Take a tuk-tuk ride to the 9-arches bridge and if you're lucky, witness the train go past (an image of a lifetime).

The Nine Arch Bridge is named after the nine large arches that support the structure. The arches, together with the lush greenery surrounding the area, create a stunning backdrop for photography enthusiasts. Visitors can also witness the passing of a train along the bridge, adding to the charm and appeal of this landmark. The bridge is easily accessible, with a short hike or tuk-tuk ride from Ella town. It has become a popular tourist attraction, offering breathtaking views and a glimpse into Sri Lanka's colonial history.

On completion proceed to Wellawaya.

### ***Dinner and Overnight Stay at Jetwing Kaduruketha.***

#### **Included Activities**

- Train Ride Nanu Oya to Ella.
- Tuk-Tuk Ride to Nine Arch Bridge.



**Meals Included**

- Breakfast at Grand Hotel Nuwara Eliya.
- Lunch at EKHO Ella.
- Dinner at Jetwing Kaduruketha.

**Day 10: LEISURE. HANDS ON COOKERY CLASS.**

After Breakfast at the hotel, spend the rest of the day at leisure.

At Jetwing Kaduruketha, experiences are aplenty. From the traditional farmlands of our home to the picturesque regions of our island beyond, Wellawaya is a forgotten gateway to a world of Sri Lankan adventures that range from chasing waterfalls, discovering archaeological sites, hiking, trekking, roaming around on wildlife safaris, and more.

Amidst the serene environment that surrounds our home of Sri Lankan hospitality, indulge in agro-luxury with organic gardening at our farm, or witness the celebrations of paddy farming and harvesting festivals of the local Maha and Yala seasons, where the first harvest of rice is offered to deities in a traditional ceremony known as 'Dewa Danaya'. For further exploration, we also offer village walks, a tree trail, and nocturnal wildlife trail as outdoor excursions, along with a dedicated bird watching experience that allows you to spot over 120 species of birds within the resident environment of Jetwing Kaduruketha.

In the afternoon, your third cooking experience includes picking your own vegetables from the hotel garden.

***Overnight Stay at Jetwing Kaduruketha.*****Included Activities**

- An organic and Agricultural experience.
- Evening Cooking Class.

**Meals Included**

- Breakfast at Jetwing Kaduruketha.
- Dinner Cooking Class at Jetwing Kaduruketha.

**Day 11: FLAMEBACK ECO LODGE GLAMPING. YALA SAFARI.**

After Breakfast at the hotel. Proceed to Weerawila.

Welcome cocktails at the Flameback Eco Lodge, you will also have the option of a complementary foot massage at Osu Spa.

Unravel your senses to the most spectacular eco lodges embossed in a lush eco garden in Weerawila; nestled amidst the gleeful chirps of endemic bird species, the immaculate waters of the bordering lake will miraculously freshen your spirits. Our luxury tented lodges offer a legacy

of rejuvenation. Enjoy the delectable organic cuisine sourced from local communities, while being part of our eco-friendly glamping escapade conserving mother earth.

In the late afternoon, depart the hotel for an evening safari at Yala National Park.

An evening Yala Safari is an incredible wildlife experience that takes place in Yala National Park which is renowned for its diverse ecosystem and is home to a wide variety of animal species. During the evening safari, you will embark on a thrilling adventure through the park, accompanied by experienced guides and drivers who are knowledgeable about the park's flora and fauna.

The safari usually starts in the late afternoon and continues until sunset, allowing you to witness the mesmerizing transformation of the landscape as the day turns into night. As you explore the park, you will have the opportunity to spot some of the most iconic and elusive creatures, including the Sri Lankan leopard, which is the main highlight of the safari. These majestic big cats can be spotted roaming the park's rocky outcrops and dense forests.

### ***Overnight Stay at Flameback Ecolodge (Luxury Glamping by the Weerawila Lake)***

#### **Included Activities**

- Welcome cocktails & foot massage.
- Evening Yala Safari.

#### **Meals Included**

- Breakfast at Jetwing Kaduruketha.
- Dinner at Flameback Ecolodge.

### **Day 12: BIRDWATCHING. HANDS ON COOKERY CLASS. WEAVING OF PALMYRA PALMS**

If you wish, wake up early for a birdwatching experience, followed by breakfast.

Nestled within the Weerawila Bird Sanctuary, Flameback Eco Lodge is a haven for endemic bird species. With our expert in-house naturalist, we invite you to discover some of the rarest birds around. Apart from the surrounding peripheries, we will arrange extraordinary excursions within the Weerawila bird sanctuary. A composite of succulent wetlands, the bird sanctuary attracts over 200 bird species, including the Majestic Junglefowl, Ceylon Woodshrikes, Great Cormorant, Egrets, Swallows, Barbets and many more colorful chirpy winged species. Our naturalist will show you what to look for while regaling you with noteworthy facts and stories.

This afternoon, try out your talents with a local palmyra weaving artisan to weave an authentic handicraft which you could take home as a souvenir.

Dinner, fourth cooking class at the hotel's Village Kitchen and dine by the lake's foreshore.

### ***Overnight Stay at Flameback Eco Lodge.***

#### **Included Activities**

- Birdwatching.

- Hands-on Cooking Class.
- Weaving of Palmyra leaves.

**Meals Included**

- Breakfast at Flameback Ecolodge.
- Dinner cooking class at Flameback Eco Lodge.

**Day 13: ELEPHANT TRANSIT HOME. STILT FISHERMEN IN WELIGAMA. THE GALLE FORT.**

After breakfast Visit the Elephant Transit Home.

The Elephant Transit Home actively collaborates with local authorities and conservation organizations to protect elephants and their habitats. You will learn about the challenges faced by these majestic creatures and the ongoing efforts to ensure their long-term survival. Please note that the ETH prioritizes the elephants' welfare, and public access is limited to specific observation areas to avoid unnecessary stress on the animals. Your visit to the Elephant Transit Home will be a meaningful experience, as you witness firsthand the incredible work being done to protect and rehabilitate orphaned elephants.

Continue on to Galle, stopping to visit the unique 'Stilt Fishermen' of Sri Lanka.

The practice of stilt fishing started when food shortages and overcrowded fishing spots prompted some clever men to try fishing on the water by erecting their stilts in coral reefs.

The UNESCO world heritage listed old Dutch Fort is a delight to explore on foot, surprises await around every corner. Walk the ramparts with the sound of crashing waves and the warm Indian ocean wind blowing on your face! Walk down Peddler and Church Street for an amazing array of cafes, restaurants, souvenir and gift shops tucked amongst beautifully restored Portuguese and Dutch era buildings.

On completion, proceed to check-in at the hotel.

This evening you will experience a seafood BBQ cooked and served on a private beach at the hotel.

**Overnight stay at Jetwing Light House.****Included Activities**

- Elephant Transit Home.
- Stilt Fishermen.
- Galle Fort.

**Meals Included**

- Breakfast at Flameback Ecolodge.
- Seafood BBQ dinner at Jetwing Light House.

#### **Day 14: HIKKADUWA. BALAPITIYA MADU RIVER. KOSGODA. MOUNT LAVINIA.**

After breakfast proceed to Balapitiya.

On arrival, proceed to Balapitiya Madu river. Embarking the boat, you will be surrounded by the breathtaking natural beauty of the Madu River. The river is lined with dense mangrove forests, which create a serene and picturesque setting. The lush greenery and calm waters make for a peaceful and relaxing experience.

Lunch on a local island in Madhu River. After lunch, proceed to Kosgoda.

The beaches of Kosgoda are the nesting grounds for five species of marine turtles. They are, the green turtle, Leatherback, Hawksbill, Loggerhead and Olive Ridley. All 5 species have been recorded to nest along specific areas of Sri Lanka's coast. Studies have indicated that beaches can be categorized in accordance with visitation by different species of turtles.

After the tour, proceed to Colombo. This evening we will visit Colombo's Galle Face Green night markets, complete with street cart vendors and food stalls set alongside the mighty Indian ocean. We will eat at my favorite street restaurant before returning to the hotel.

#### **Overnight stay at Mount Lavinia Hotel.**

##### **Accommodation**

- Mount Lavinia Hotel- Ocean View Rooms.

##### **Included Activities**

- Turtle Hatchery.
- Madu River Boat Ride.
- Street Food.

##### **Meals Included**

- Breakfast at Jetwing Light House.
- Lunch at Local Island in Madhu River.
- Dinner at Street Food Colombo.

#### **Day 15: COLOMBO CITY TOUR. SHOPPING @ BAREFOOT AND LAKSALA.**

After Breakfast, a city tour of Colombo.

Colombo is located on the west coast of the country. The official capital of Sri Lanka is a satellite city in Colombo called Sri Jayawardenapura. Colombo however, is often referred to as the capital city.

As you embark on a Colombo city tour, get ready to explore the bustling capital city of Sri Lanka. Your first stop will be the iconic Lotus Tower, a towering structure that offers stunning views of the city. Next, head over to the vibrant Pettah Market, where you can immerse yourself in the vibrant sights and sounds of local life.

Continue your tour to the Old Parliament Building, a colonial-era masterpiece that now serves as a museum. Marvel at the intricate architecture of the Independence Memorial Hall, which commemorates Sri Lanka's independence from British rule.

Finally, make your way to the futuristic Port City, a massive reclamation project that promises to be one of the most ambitious urban developments in South Asia. As you explore this modern marvel, take a moment to reflect on the incredible progress Sri Lanka has made over the years. With its blend of old-world charm and new-world innovation, Colombo is truly a city like no other.

This afternoon you can relax by the pool and get ready for your farewell dinner on the beach complete with calypso music. This would be Sri Lankan theme dinner where the gents will dress in batik sarongs and the ladies in batik wraparounds.

***Dinner and Overnight Stay at Mount Lavinia Hotel.***

**Included Activities**

- Colombo City Tour.

**Meals Included**

- Breakfast at Mount Lavinia Hotel.
- Farewell dinner on the Beach at Mount Lavinia Hotel.

**Day 16: COLOMBO TO AIRPORT.**

After breakfast, relax by the pool or have a dip in the ocean.

Late evening checkout from the hotel and leave for an early dinner.

Dinner at Curry pot club - the restaurant's head chef will talk about the preparation of this evening's dinner.

After dinner drop off at the airport.

**Included Activities**

- Curry pot club.

**Meals Included**

- Breakfast at Mount Lavinia Hotel.
- Dinner at the Curry Pot Club.

**\*\*\*\*END OF TOUR\*\*\***

**Cost includes: -**

- 16 days and 15 nights, Accommodation on B&B basis at 4 and 5-star hotel
- 15 breakfasts
- 5 lunches
- 4 dinners
- Four hands-on cooking classes
- Seafood BBQ dinner at Jetwing Light House.
- Street Food dinner in Colombo.
- Farewell dinner on the beach at Mount Lavinia Hotel.
- Street Cart Food, Nuwara Eliya.
- High Tea at the Grand Hotel.
- Sigiriya rock fortress.
- Dambulla cave temple.
- Spice garden.
- The Kandy Esala Perehera. (August Tour only)
- Kandy Temple of the Tooth.
- Fruit & vegetable market.
- Private cultural dance performance. (March Tour only)
- Royal Botanical Garden.
- Tea plantation and factory.
- Visit vegetable garden and farm.
- Nuwara Eliya city tour.
- Train Ride - Nanu Oya to Ella.
- Tuk-Tuk Ride to Nine Arches Bridge.
- Welcome cocktails & foot massage.
- Evening Yala safari.
- Birdwatching.
- Weaving of Palmyra palms.
- Elephant Transit Home.
- Stilt fishermen.
- Galle Fort.
- Turtle Hatchery.
- Madu River boat ride.
- Colombo city tour.
- Transport in air-conditioned luxury coach.
- English-speaking accredited Sri Lankan guide.
- All tips and portage costs. (Excluding tour guide, driver & helper)
- All applicable entrance fees.
- All applicable taxes.
- Bottled water at all hotels and on the bus.
- Welcome drink & refreshing towels at all hotels.
- Complimentary hat and apron with company logo.

**Cost does not include: -**

- Airfares to and from Sri-Lanka.
- Travel Insurance.
- Visas.
- Drinks & additional meals.
- Laundry and other personal costs.

## MENUS FOR COOKING CLASSES

### Cookery Class No. 1

- Pittu
- String Hoppers
- Fish Ambul Thiyal
- Devilled chicken.
- Mixed vegetable curry.
- Green mango curry.
- Pol (coconut) Sambol.
- Kiri Hodi
- Lunu Miris
- Fresh Fruit

### Cookery Class No. 2

- Yellow rice with cashew nuts.
- Fish curry.
- Dahl with spinach.
- Malay Pickle.
- Brinjal Moju.
- Green Bean thel dhala.
- Cabbage Mallum.
- Fresh local fruit platter.

### Cookery Class No. 3

- Kottu Roti with Vegetables and Egg.
- Hoppers and Egg Hoppers.
- Chicken Curry.
- Seeni Sambol.
- Curd and Honey.
- Fresh Fruit.

### Cookery Class No. 4

- Chicken Biryani rice.
- Coconut roti, plain, onion, chilli.
- Pumpkin curry.
- Polos (Jackfruit) curry.
- Beetroot curry.
- Gotukola Mallum.
- Green mint sambol.
- Fresh Fruit.



## Seafood BBQ Among the Rocks

### Cold Presentation

- Tuna sashimi/ Mullet sashimi/ Prawn & avocado in glass
- Coriander coated tuna fish/ Carpaccio of red mullet/ Spicy Thai calamari
- Terrine of assorted seafood/ Pickled mackerel

### Salads

- Cole slaw/ Potato salad with chives/ Mixed vegetable salad
- Fresh mushroom & celery/ Tomato
- Salad bar with vegetables, assorted lettuce & condiments

### Sauces & Dressings

- Balsamic/ Passion fruit/ Lemon ginger/ Cocktail/ Curry mayonnaise

### Soup

- Creamy prawn bisque
- Assortment of bread & butter

### Seafood Grill

- Whole baby Mullet/ Seafood kebabs/ Tuna chili skewers
- Prawns/ Seer fish (Spanish Mackerel). Paraw fish (Trevally). Sword fish
- Tiger prawns/ Lobster/ Cuttlefish

### Accompaniments

- Garlic rice
- Buttered fettuccine
- Baked potatoes
- Grilled tomatoes
- Sautéed mixed vegetables

### Sauces

- Mild curry/ BBQ/ Garlic butter cream

### Sweet Temptations

- Chocolate marquise/ Ginger caramel/ Kahlua tiramisu
- Mango cheese cake/ Assorted fresh fruits