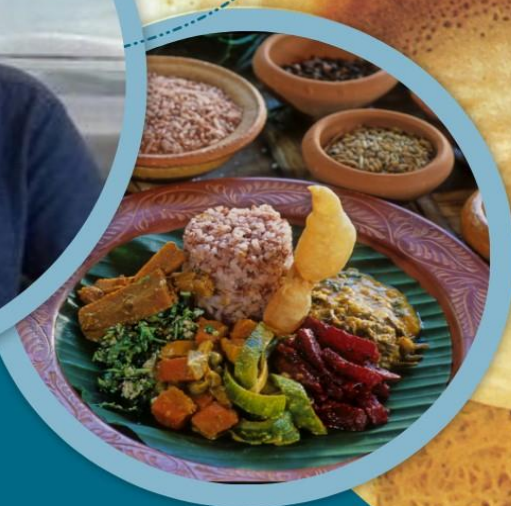


Sri Lanka Culinary Tours 2024



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

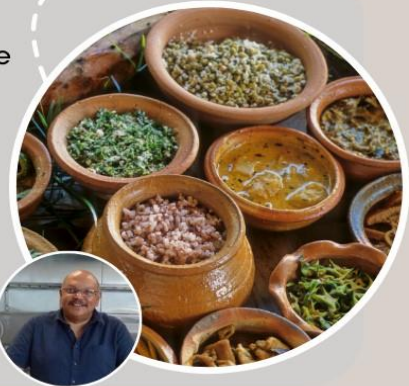
A Journey through Sri Lankan Cuisine

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 Southern Tour

Explore Sri Lanka's unique culture and cuisine in luxury

Duration - 15 Nights /16 Days
Tour Dates - 30thMarch 2024 & 22ndJune 2024

Day 1: AIRPORT – NEGOMBO.

Meet and assist on arrival at Airport by Transco Travels Representative. Proceed to Negombo and check in at the hotel.

For those making alternate flight reservations, we can organize airport pick up at additional cost. Check in at Jetwing Beach is at 2 pm.

Overnight Stay at Jetwing Beach, Negombo.

Day 2: NEGOMBO TOWN. FISH MARKET. DUTCH CANAL

After breakfast, we will take a tour of Negombo town which is one of the most important fishing ports on the west coast of Sri Lanka. It is one of the best-known seaside towns on the island, geographically located at the end of a lagoon with many small islands and stunning bays. We will visit the open-air market located under a huge Banyan tree and the fish market.

This afternoon you are free to enjoy the many services this hotel provides.

Overnight Stay at Jetwing Beach, Negombo.

Included Activities

- Tour of Negombo town.
- Vegetable and Fish market.
- Dutch canal.

Meals Included

- Breakfast at Jetwing Beach, Negombo.

DAY 3: NEGOMBO – MATALE SPICE GARDEN & DAMBULLA CAVE TEMPLE.

After an early breakfast, we will travel to Matale to visit the Ranveli Spice Garden. We will take a tour of a spice garden where we will learn about the history and medicinal properties of the spices of Sri Lanka and have a complimentary 10-minute head or foot massage.

Lunch at Ranveli Spice Garden.

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

- Lunch at Ranveli Spice Garden.
- Complimentary 10-minute head or foot massage.
- Dambulla Cave Temple Complex.

Meals Included

- Breakfast at Jetwing Beach, Negombo.
- Lunch at Ranveli Spice Garden.

Day 4: SIGIRIYA LION ROCK & MINNERIYA JEEP SAFARI.

After breakfast, drive to Sigiriya. Sigiriya rock fortress is an UNESCO world heritage site and is home to a series of rock frescoes that are considered to be 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 5th century features a mirror wall with some of the world's oldest graffiti, terraced gardens and splashing fountains.

This afternoon you are free to enjoy the hotel and surrounds.

In the evening we will depart the hotel for a Minneriya National Park safari. The park is the site of 'The Gathering' where a large number of elephants are attracted to the grass fields on the edges of the 'Minneriya Tank', a structure built in the 3rd century. The park is also an important habitat for 2 endemic monkeys, 2 types of deer, rare species such as the Sri Lankan leopard and sloth bear, as well as 11 threatened bird species. There are 8 species of endemic reptiles which include the salt water crocodile, Indian python, Asian water monitor and the Bengal monitor.

Overnight Stay at Aliya Resort & Spa.

Included Activities

- Climb Sigiriya Rock.
- Minneriya Jeep Safari.

Meals Included

- Breakfast at Aliya Resort & Spa, Sigiriya.

Day 5: ANCIENT CITY OF POLONNARUWA. KANDY.

After Breakfast, check out of the hotel and proceed to the Ancient City & Ruins of Polonnaruwa.

Polonnaruwa is the second oldest of Sri Lanka's cities and served as the capital under King Vijayabahu I, who defeated the Indian Chola invaders in 1070 CE. With its rich history, Polonnaruwa's ancient ruins provide one of the best archeological sites in the country.

Today the ancient city of Polonnaruwa remains one of the best planned archaeological relic sites in the country, standing testimony to the discipline and greatness of the Kingdom's first rulers. The Ancient City of Polonnaruwa has been declared an UNESCO World Heritage Site.

On completion, proceed to Priyamali Gedara for Lunch.

On completion of the tour, we will travel to Kandy.

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

- Tour of Polonnaruwa.

Meals Included

- Breakfast at Aliya Resort & Spa, Sigiriya.

Special Information

Please note that there is a dress code in Polonnaruwa which requires you to remove your shoes and cover your shoulders and legs.

Day 6: KANDY. TEMPLE OF THE TOOTH. MARKET VISIT. BOTANICAL GARDENS. CULTURAL SHOW & COOKERY CLASS.

Breakfast at the Hotel. This morning we will drive to Kandy town and take a sightseeing tour.

Kandy, a UNESCO world heritage listed 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.

Following our sightseeing tour, we will visit the Kandy Market before travelling to the Royal Botanical Gardens in Peradeniya. The gardens are considered the finest of its kind in Asia and contain 4000 different species of plants.

This afternoon you have time to relax in the pool (the largest in Kandy) or make use of the hotels impressive list of services.

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 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.

Following the cultural show, we will gather on the lawn beside the pool where we will have our first cooking class.

Overnight Stay at Mahaweli Reach Hotel.

Included Activities

- Botanical gardens tour.
- Market tour.
- Temple of the Tooth.
- Cultural Dance.
- Hands-on Cooking Class.

Meals Included

- Breakfast - Mahaweli Reach Hotel
- Dinner hands-on cooking class.

Day 7: DAMBANA VEDDAH VILLAGE.

After breakfast, we will depart for the local Indigenous Vedda village in Dambana with a picnic lunch.

Archaeological evidence suggests that the modern Vedda's Neolithic ancestors inhabited the island as far back as 10,000 BCE. Once roaming the Great Plains of the north central region to the central mountains. Today, the remaining Vedda population are confined to village reserves and their hunter/gatherer lifestyle is under threat with changes to legislation that prevent them from hunting the lands that they once inhabited.

We will be welcomed to the village with a traditional dance followed by a demonstration of how they set traps to hunt small animals for food. We will then follow them into the jungle to look for wild honey and try our hand shooting at a target with a traditional bow and arrow!

On completion, proceed to Oruthota, Eco Chalets.

Overnight Stay at Oruthota, Eco Chalets.

Included Activities

- Vedda village tour.

Meals Included

- Breakfast - Mahaweli Reach Hotel.
- Picnic Lunch.

Day 8: JEEP TOUR OF THE KNUCKLES RANGES. EVENING COOKING CLASS.

After breakfast, we will take a jeep ride to the Knuckles ranges.

The Knuckles Mountain range (so-called because its appearance resembles a set of knuckles in a closed fist) is a major eco-tourism region in Sri Lanka and has been declared a conservation area, known as the Knuckles National Heritage and Wilderness area.

The region stretches for 155 sq km and contains five major forest formations, a wide variety of rare and endemic flora and fauna and some breathtaking mountain scenery.

A remarkable feature of this area is that most of the climatic conditions of Sri Lanka can be found within the extent of a mountain range. All climatic conditions can be experienced within half hour walk through this valley. The location of the hills, the particular effect of the monsoons and the wind factor generate a certain climatic diversity to the area. In fact, in these hills one can find characteristics of all the key ecological zones found in the country.

This evening we will have our second cookery class.

Overnight Stay at Oruthota Eco Chalets.**Included Activities**

- Jeep tour of the Knuckles Ranges.

Meals Included

- Breakfast at Oruthota Eco Chalets.
- Dinner cooking class- Oruthota Eco Chalets.

Day 9: NUWARA ELIYA. DAMRO TEA CENTRE. STREET CART FOOD.

After an early breakfast we will travel to Nuwara Eliya, stopping on route to view the Ramboda waterfall and take a tour of a working tea estate.

Check in at the hotel. In the evening, street cart food experience.

Overnight Stay at Grand Hotel Nuwara Eliya.**Included Activities**

- Ramboda Waterfall.
- Tour of a working Tea Estate.
- Street Cart Food.

Meals Included

- Breakfast at Oruthota Eco Chalets.
- Street Cart Food.

Day 10: NUWARA ELIYA. MARKETS. SINGLE TREE HILL WALK. HIGH TEA.

After an early breakfast we will join the hotel's naturalist and take a walk up to Single Tree Hill. On our return to town, we will visit the fresh fruit market and have a driving tour of Nuwara Eliya town.

This afternoon we will experience some old-world charm when we take high tea at the Grand Hotel overlooking manicured English gardens and vibrant green lawns.

Overnight Stay at Grand Hotel Nuwara Eliya.

Included Activities

- Single Tree Hill walk.
- Town tour and Market.
- High Tea.

Meals Included

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

Day 11: TRAIN RIDE AND LUNCH IN ELLA. TISSAMAHARAMA. WEERAWILA.

After breakfast we will take a train journey to the town of Ella from Nanu Oya.

After lunch at a local restaurant in Ella, we will travel to Tissamaharama stopping at a roadside café for some 'Kiri Pani', Sri Lanka's famous buffalo curd eaten with honey from the Kitul palm.

This evening you are free to explore the resort and the many choices of food and beverage it offers.

Complimentary welcome cocktails & foot massage at the Osu Spa.

Overnight Stay at Flame Back Ecolodge.

Included Activities

- Train Ride.
- Roadside stall.

Meals Included

- Breakfast at Grand Hotel.
- Lunch at a Local Restaurant in Ella.
- Curd and Honey making process.
- Welcome cocktails.

Day 12: BIRD WATCHING. COOKERY CLASS.

After breakfast, spend some time birdwatching at the Hotel.

Today you are free to soak up the atmosphere of the resort or use the amazing variety of activities it offers.

This evening we will have our third cookery class and dine by the lake.

Overnight Stay at Flame Back Ecolodge.

Included Activities

- Bird Watching.
- Hands-on cookery class.

Meals Included

- Breakfast at Flameback Eco Lodge.
- Hands-on cookery class and dinner by the lake.

DAY 13. – STILT FISHERMEN. GALLE.

After Breakfast, we will travel 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. Two generations of fishermen have eked out this physically demanding existence at dawn and dusk along a 30-kilometer stretch of southern shore between the towns of Unawatuna and Weligama.

Tonight, we will stay at one of the hotels designed by Sri Lanka’s eminent architect Geoffrey Bawa.

Overnight Stay at Jetwing Light House.

Included Activities

- Stilt fishermen.

Meals Included

- Breakfast at Flameback Eco Lodge.

DAY 14: – SIGHTSEEING IN GALLE. THE DUTCH FORT. SEAFOOD BBQ ON THE BEACH.

Today after a leisurely breakfast we will explore the unique charm of the seaside city of Galle, visit the markets and the fresh fish vendors and walk the cobbled streets of the old Dutch Fort dating back to 1588.

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.

This evening we will gather at the outdoor bar and watch the sun sink into the Indian ocean. We will then make our way down to a private beach where we will enjoy a sumptuous 3 course seafood BBQ cooked for us by the hotel chefs.

Overnight Stay at Jetwing Light House.

Included Activities

- Tour of Galle town and markets.
- Tour of the Old Dutch Fort.
- Seafood BBQ on a private beach.

Meals Included

- Breakfast at Jetwing Light House.
- Seafood BBQ Dinner at Jetwing Light House.

DAY 15: – TURTLE HATCHERY. SIGHTSEEING AT LUNUGANGA. TRAVEL TO COLOMBO.

Today we leave Galle and make our way to Colombo. Along the way we will stop at a Turtle hatchery and learn about the conservation efforts to protect these magnificent, endangered animals.

We will then take a tour of 'Lunuganga'.

Since 1948, Lunuganga has been a living testament to an epic romance between nature and design. With sprawling English lawns, miniature tropical forests, lakeside beauty and more, it was the home, working experiment, and life's work of one of Sri Lanka's most famous architects Geoffrey Bawa, responsible for designing many of the significant buildings on the island including the new parliament house. He spent 40 years transforming this once abandoned rubber estate into a home he could retire in.

After lunch at Cinnamon Bay, we will continue to Colombo.

Overnight Stay at Mount Lavinia Hotel.**Included Activities**

- Turtle Hatchery tour.
- Lunuganga tour.

Meals Included

- Breakfast at Jetwing Light House.
- Lunch at Cinnamon Bay.
- Fairwell dinner at Mount Lavinia Hotel. This would be Sri Lankan theme dinner where the gentlemen will dress in batik sarongs and ladies in batik wraparounds.

DAY 16: – SIGHTSEEING IN COLOMBO. SHOPPING. LUNCH @ THE DUTCH BURGHER UNION

Today we will have a sightseeing tour of Colombo. There will be time for shopping at 'Laksala', the government run handicraft store. We will also visit 'Barefoot', the craft store famous for its founder Barbara Sansonis vision of empowering female workers.

Thereafter, proceed to visit Gangaramaya Temple.

We will stop for lunch at the Dutch Burgher Union for the famous Dutch inspired 'Lamprais'. Also known as 'Lump Rice' this is a dish of rice cooked in stock, a curry made with 2 or 4 meats, frikadelles (spiced crumbed meatball) and accompaniments, all wrapped in a banana leaf and steamed.

Return to Hotel. Late check out until 8:00 pm and Departure to Airport

Included Activities

- Sightseeing in Colombo.
- Barefoot and Laksala.
- Gangaramaya Temple.

Meals Included

- Breakfast at Mount Lavinia Hotel.
- Lunch at Dutch Burger Union.
-

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

Special Note

Your tour concludes after lunch today. One group transfer will be provided to the airport for your departure to Australia.

Cost includes: -

- 16 days and 15 nights.
- Accommodation on B&B basis at 4 and 5-star hotels and 1 eco lodge.
- 15 Breakfasts.
- 5 lunches.
- Three hands on private cooking classes.
- Seafood BBQ on a private beach.
- Fairwell Sri Lankan Themed dinner.
- Street food in Nuwara Eliya.
- High Tea in The Grand Hotel.
- 10-minute head or foot massage at Ranveli Spice Garden.
- Buffalo Curd and Honey at a street stall.
- Transport in an air-conditioned luxury coach.
- English-speaking accredited Sri Lankan guide.
- All tips and portorage 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.

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 Fruit.

Cookery Class No. 3

- Kottu Roti with Vegetables and Egg.
- Coconut roti, plain, onion, chilli.
- Hoppers and Egg Hoppers.
- Chicken Curry.
- Seeni Sambol.
- Curd and Honey.
- 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