

OLD TEMPLES

- **Anuradhapura**

The city ruins are more than a thousand years old and also on the UNESCO world heritage list.

page 181

- **Kandy**

The Sacred Temple of the Tooth Relic attracts and captivates thousands of visitors daily from all over the country.

page 281

- **Polonnaruwa** ▶

Following the traces of history and learning to read and learn to recognize them

page 334

- **Sigiriya**

Incomparable wall paintings and to top it off the (strenuous!) climb to the peak plateau **page 358**

FABULOUS BEACHES

- **Hikkaduwa**

Once a meeting place for backpackers, now it is a lively beach resort for everyone on the west coast. **page 254**

- **Arugam Bay**

Since the end of the civil war surfing fans and surfers have begun to meet here – the slides can be up to 500m/1600ft long.

page 348

- **Pigeon Island**

Whether under the water or with a diving mask and snorkel, the east coast is especially interesting and colourful here.

page 373

- ◀ **Unawatuna**

Many claim that this is one of the most beautiful beaches in the world. **page 375**

CELEBRATING

- **Perahera in Kandy**

The festival procession in torchlight at night with the elaborately decorated elephants is a unique experience.

page 129

- **Climbing Adam's Peak**

Climbing Sri Lanka's holy mountain with many hundreds of pilgrims is strenuous but an unforgettable experience.

page 174

- **Pilgrimage to Kataragama** ►

Once a year this town on the southern tip of Sri Lanka overflows with thousands of pilgrims.

page 296

LIVING TO THE HILT

- **Once a Month: Poya Day**

Full moon is always a welcome opportunity to pay homage to Buddha, but also to hold a festival.

page 127

- ◄ **Pettah in Colombo**

Nowhere on the island is market life as colourful and varied as here.

page 221

PURE NATURE

- **World's End**

A hike across Horton Plains to the foggy World's End suits the taste of every enthusiastic nature lover.

page 262

- **Nuwara Eliya**

Tea plantations as far as the eye can see; colonial rulers left their architectural tracks here.

page 334

- **Yala National Park** ►

This is one of the national parks on Sri Lanka with the most variety in wildlife. A park ranger is always present.

page 380

BACKGROUND

14 »A Radiantly Beautiful Country«

16 Facts

17 Nature and Environment

20 **■ Infographic: Tsunami – Large Wave in the Harbour**

32 Politics · Population · Economy

34 **■ Facts and Figures**

44 **■ Welcome to Everyday Life!**

47 Religion

54 History

72 Arts and Culture

73 Art Periods

79 Temple Architecture

85 Visual Arts

88 **■ Infographic: Sitting, Standing, Walking, Lying Down ...**

94 Literature

96 Dance and Music

98 Handicraft

99 Customs and Traditions

102 Famous People

ENJOY SRI LANKA

112 Accommodation

113 Visiting Sri Lanka

116 Ayurveda

117 Life-knowledge

122 Children in Sri Lanka

- 123 An Island Full of
Adventure

126 Festivals · Holidays · Events

- 127 Many Peoples, Many
Holidays

132 Food and Drink

- 133 Hot Stuff

- 134 ■ *Typical Dishes*

- 136 ■ *Special: Beyond Apples
and Pears*

140 Shopping

- 141 Rich Seletion

144 Sports and Outdoors

- 145 Active Holidayss

TOURS

- 153 Tours on Sri Lanka

- 153 Travelling on Sri Lanka

- 155 Tour 1: Grand Tour of the
Island

- 161 Tour 2: In Royal Footsteps

- 165 Tour 3: The Central
Highlands

- 167 Tour 4: Combination with
Tour 3

- 202 Bentota

- 206 Beruwala

- 208 Bundala National Park ·
Bundula Bird Sanctuary

- 209 Chilaw

- 211 Colombo

- 230 Dambulla

- 232 ■ *3D: Cave Temples of
Dambulla*

- 235 Dedigama

- 236 Ella

- 238 Galle

- 247 Gal Oya National Park

- 249 Giritale

- 251 Hambantota

- 253 Hatton · Dikoya

- 254 Hikkaduwa

- 259 Horton Plains

- 262 Jaffna

- 266 ■ *Infographic: A Torn
Country*

- 270 Kalutara

- 272 Kandy

- 284 ■ *3D: Dalada Maligawa*

- 295 Kataragama

- 298 Kegalle

SIGHTS FROM A TO Z

- 172 Adam's Peak

- 175 Ambalangoda

- 177 Ampara

- 179 Anuradhapura

- 192 Aukana

- 194 Avissawella

- 195 Bandarawela

- 198 Batticaloa