



JOHNS HOPKINS
UNIVERSITY

Sri Lanka

The Island of Serendipity

October 5 – 21, 2018



Colombo • Dambulla • Kandy • Nuwara Eliya • Yala • Galle

Join Us!

Dear Johns Hopkins Alumni, Family, Students and Friends:

Though only a small island nation, Sri Lanka gives visitors a perfect trifecta of experiences with its diverse natural offerings, vivid culture, and layered history. We begin in Sri Lanka's coastal capital city, Colombo, where Sri Lankan artistry is on full display and the scars of the country's long civil war, now over, can be best understood. Head to Dambulla, the island's ancient capital, with sacred rock-carved temples and the extraordinary old palace built into the very countryside. Explore the sight of Polonnaruwa and Anuradhapura consumed by jungle until its rediscovery in 1817. Drive to the rock fortress of Sigiriya, which rises 600 feet above the surrounding plain. For eleven years this was the fort and palace of King Kasyapa, today it displays eighteen remaining frescoes of voluptuous maidens holding baskets of flowers that seem to float among the clouds. In Kandy, the last capital of the Sinhalese kings, visit the Temple of the Tooth Relic which is said to have been snatched from the flames of the Buddha's funeral pyre in 543 BC. Drive to Sri Lanka's beautiful tea country to learn about the industry, the livelihood of many locals. Spend a night near Yala National Park, a wildlife refuge of the highest order, protecting one of the most diverse ecosystems and endangered species in the world. End with a visit to the old Dutch settlement of Galle, a prosperous port town that retains all its colonial charm despite centuries of change. Return to Colombo for flights home.

This trip is being limited to 19 participants and reservations will be accepted on a first-come, first-served basis. We encourage you to join us and make your reservation today!

Cordially,



Marguerite Ingalls Jones, A&S '74, Bus '88
Travel Program Director
Office of Alumni Relations



ITINERARY

October 5: Depart. Friday.

Depart the US.

October 6: Colombo. Saturday.

R.

Late afternoon/early evening arrival in Colombo. Upon arrival transfer to the **Galle Face Hotel**.

Enjoy a welcome drink and hors d'oeuvres upon arrival.

October 7: Colombo. Sunday.

B,L,D.

After an introductory lecture, begin exploring Sri Lanka's capital city at the National Museum.

Enjoy lunch at the Colombo Fort Café located in the Old Dutch Hospital complex, a heritage site.

After lunch at a local restaurant, visit the Sapumal Foundation. Their galleries contain over 200 paintings and drawings, which trace the development of art in Sri Lanka.

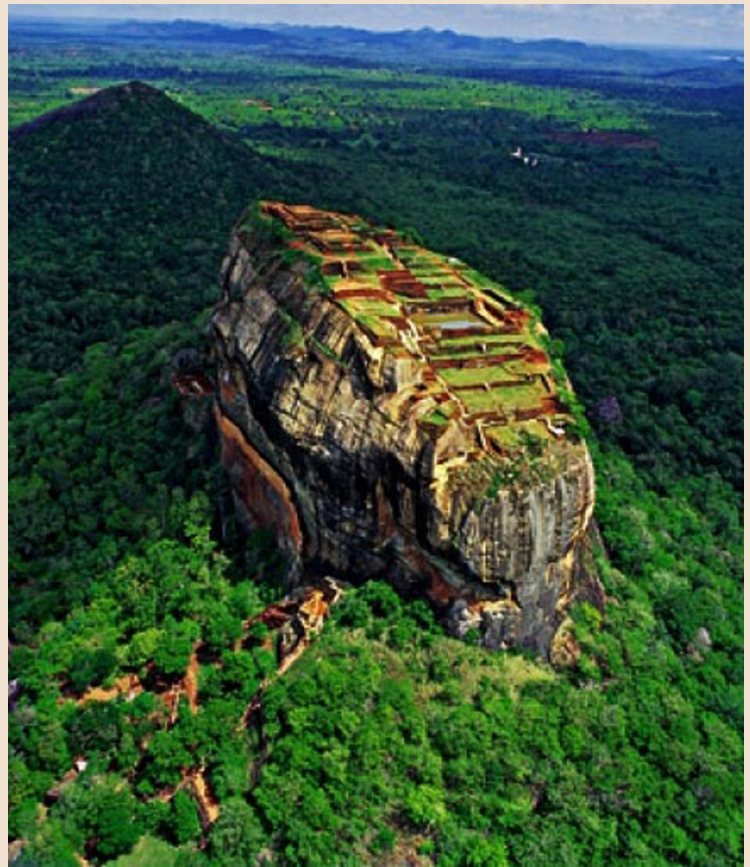
Return to the hotel mid-afternoon. Welcome dinner at the hotel this evening.

October 8: Colombo. Monday.

B,L,D.

Morning briefing with Dr. S. I. Keethaponcalan, the head of the department of Political Science and Public Policy at the University of Colombo. Dr. Keethaponcalan's research has focused on conflict and peace building in Sri Lanka.

Next, visit the Seema Malakaya Meditation Centre designed by Sri Lanka's renowned architect Geoffrey Bawa. Incorporating an eclectic mix of Sri Lankan, Thai, Indian and Chinese architecture, the temple includes a museum, library and is one of the most important temples in Colombo.



Continue on to visit the Gautami Vihara at Borella, which has a fine set of paintings by George Keyt who is considered Sri Lanka's most distinguished modern painter.

Enjoy lunch at the Barefoot Gallery and a chance to admire the work of local artisans.

After lunch enjoy an orientation tour of Colombo including walking by the Lighthouse Clock Tower, down York Street past shops like Cargill's and Miller's and the President's House and its grounds.

Afternoon briefing at the US Embassy.

Dinner this evening at a local restaurant.

October 9: Dambulla. Tuesday.

B,L,D.

This morning depart Colombo and drive to Kelaniya, a center of traditional Sri Lankan pottery and the site of the Kelaniya Rajamahavihara, perhaps the most important temple in the Colombo area.

Continue on to the government-run Pinnewala Elephant Orphanage. The orphanage was established in 1975 to save abandoned, injured and orphaned wild elephants.

After lunch continue by road to Dambulla and the **Kandalama Hotel**, which was designed by Sri Lankan architect, Geoffrey Bawa and has picturesque views of Sigiriya across the horizon of the Kandalama Tank, or reservoir.



Late afternoon visit to Dambulla, a World Heritage site. The caves here were the refuge of King Valagambahu when he was in exile for 14 years. When he returned to the throne at Anuradhapura in the 1st century BC, he had a magnificent rock temple built at Dambulla.

Dinner at the hotel this evening.

October 10: Dambulla, Wednesday. B,L,D.

Drive north for a full day excursion to Anuradhapura, the country's capital for 1,400 years. Anuradhapura was founded as the capital by King Pandukabhaya in 380 B.C. and is the most glorious of the ancient cities of Sri Lanka. Spend the day exploring this ancient city spread out over a large area.

Returning back to Dambulla stop at the great water tank of Kalawewa to see the 5th century statue of the Aukana Buddha, which stands 42 feet high.

Dinner at the hotel this evening.

October 11: Dambulla, Thursday. B,L,D.

By the early morning light visit the huge rock of Sigiriya which rises 600 feet from the surrounding forests. It was the fort and palace of King Kasyapa and was a wonder of the world. He held court amid lush gardens and commissioned murals on the east face of the rock.

Return to the hotel for lunch.

Afternoon at leisure or choose to learn more about the art of making Batik.

Dinner at the hotel this evening.

October 12: Dambulla, Friday. B,L,D.

Morning drive to Polonnaruwa, the capital of Sri Lanka from the 11th to the 13th centuries. Although the ruins here are less vast than Anuradhapura, they are better preserved. The ruins are impressive and the sculpture is some of the best on the island.

Begin exploring the site of Gal Vihara, the Royal Palace and the 13th century Hindu temple of Siva Devale. In the late afternoon explore the Tivanka Image House, one of the few surviving structures of the Jetavanarama monastery.

Return to Dambulla in the late afternoon for dinner and overnight.

October 13: Kandy, Saturday. B,L,D.

Enjoy a delightful drive past spice gardens, coffee plantations and pepper vines to Nalanda, the oldest surviving stone building in Sri Lanka dating back to the 8th century. It is said to be a shrine of the Mahayana sect of Buddhism, incorporating tantric carvings.

The next stop is at the rock monastery of Aluvihara. The monastery caves are situated in rocks, which have fallen in a jumble from the mountainsides high above the valley. Many of the caves have fine frescoes.

Continue on to the Matale Heritage Center, which was founded by Batik artist, Ena de Silva, who returned to her ancestral home in the hills above Matale and founded a women's cooperative to make batiks and needlework along with a brass foundry and wood-carving workshop. There will also be a chance to sample a delicious array of Sri Lankan curries.

After lunch drive to Kandy and the *Cinnamon Citadel Hotel*.

Dinner at the hotel this evening.

October 14: Kandy, Sunday. B,L,D.

Morning visit to the Temple of the Tooth. The actual tooth (rarely visible to the public) is said to have been snatched from the flames of the Buddha's funeral pyre in 543 BC, and was smuggled into Sri Lanka during the 4th century AD, hidden in the hair of a princess. It is nearly impossible to underestimate the importance of this temple to most Sri Lankan Buddhists, who believe they must complete at least one pilgrimage to the temple in their lifetime.





Continue on to the National Museum and the Archaeological Museum, which house a fine collection of sculptures.

Enjoy lunch today at a local restaurant.

After lunch visit the temple at Embekke, dating back to the 14th century, which is dedicated to the god Peradeniya and is famous for its woodcarving. Nearby is the 14th century Lankatilaka Vihara on top of a granite outcrop with magnificent views of the surrounding countryside.

Before returning to the hotel, meet with staff from the Institute of Social Development to learn more about their work to protect and empower the marginalized and discriminated tea-plantation community. Dinner at the hotel this evening.

October 15: Nuwara Eliya. Monday. B,L,D.

This morning drive south of Kandy to the Tea Workers' Museum and Archive which is situated in a hundred year old line room (workers quarters) in the Old Peacock's Estate in Paradeka Gampola.

Drive 30 minutes to the Peradeniya train station and take a

wonderful train ride in first-class seats through tea estates to Nuwara Eliya, in the heart of the tea country. Upon arrival drive about 1 hour to the ***Tea Factory Hotel***.

Late lunch today is at the hotel, a former tea factory. The afternoon is at your leisure.

Dinner tonight is at the hotel.

October 16: Nuwara Eliya. Tuesday. B,L,D.

Spend the day exploring this very spectacular part of Sri Lanka. Depart the hotel very early to enjoy one of the country's most famous and stunning views at World's End where the southern Horton Plains come suddenly to an end and drops almost straight down for 700 meters (2,300 ft).

Enjoy lunch at the Hill Club of Nuwara Eliya, then visit a tea plantation and learn more about this industry that is such an important part of Sri Lanka's economy.

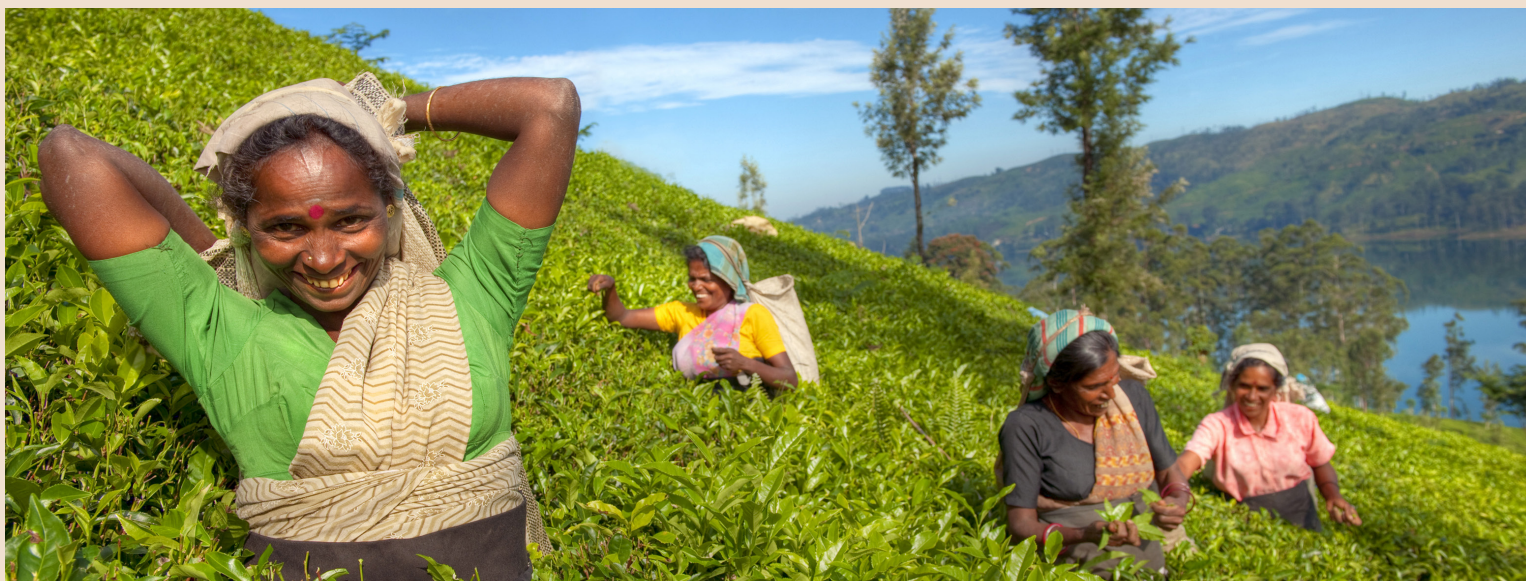
October 17: Yala Nat'l Park. Wednesday. BL,D.

Drive south toward the coast passing through the Yala National Park, one of the best places in the country to see elephants and other game. After lunch set out in game vehicles to explore the park. There are six national parks and three wildlife sanctuaries in the vicinity of Yala. The park hosts a variety of ecosystems ranging from moist monsoon forests to freshwater and marine wetlands. The area around Yala has hosted several ancient civilizations and two important pilgrim sites, Sithulpahuwa and Magul Vihara, are situated within the park.

Overnight at the ***Cinnamon Wild Yala Hotel***, located just minutes from the game park.

October 18: Galle. Thursday. B,L,D.

Enjoy a leisurely drive along the southern coast past densely packed rows of coconut palms. Drive to visit the Mulgirigala Temple located north of Tangalle. The large rock at the site





bears a strong resemblance to Sigiriya and is home to a series of cave temples that date back to the 3rd century.

Stop at Koggala, hometown of a famous local writer Martin Wickramasinghe and a Museum of Folk, Art and Culture built in his honor.

There will also be a chance to see the unique stilt-fishing method traditionally used by local fishermen.

Arrive in Galle and transfer to the ***Lighthouse Hotel***, another property designed by the world renowned architect, Geoffrey Bawa.

October 19: Galle, Friday.

B,L,D.

Begin the day with a walking tour at the heart of Galle which is the 36-hectare Galle Fort, a UNESCO World Heritage Site that occupies most of the promontory that forms the older part of Galle. Walk to the Dutch Period Museum which offers an insight into life in the days of the Dutch East India Company.

End the morning at the National Maritime Archaeology Museum with exhibits of marine artifacts found in underwater explorations.

Enjoy a lovely lunch within the fort complex. After lunch visit the Dutch Reformed Church, founded in 1642. The church contains a record of marriages since 1748 and baptisms from 1678. Enjoy some free time before returning to the hotel.

Farewell dinner at the hotel this evening.

October 20: Depart, Saturday.

B,L.

Afternoon departure to drive to Colombo along a recently built road. Arrive late afternoon in time for international flights home.





PROGRAM COSTS AND INCLUSIONS

Trip Price: \$5,960 per adult based on double occupancy
Single Room Supplement: \$1,290

Trip Price includes all hotel accommodations as listed in the itinerary based on double-occupancy, meals as listed in the itinerary (B,L,D) with bottled water, all tours, excursions, sightseeing, entrances, transportation in an air-conditioned motor coach with daily bottled water, services of a tour escort/guide throughout the program, gratuities and portage. Trip price based on a minimum of 15 travelers. Price subject to small group surcharge if group size is under 15.

Does not include airfare to and from Colombo, meals and beverages not listed in the program, visa and passport fees, transfers for those not arriving on the designated group flights, excess luggage charges, personal insurance for health, baggage and trip cancellation, chambermaid gratuities and items of a purely personal nature.

Note: Program not recommended for children under 12 years of age. Participants must be able to walk for long distances and up and down stairs without problems. Please note that this itinerary is subject to change.

For more information or a more detailed itinerary, contact Karen Siman-Tov at
(800) 333-1240 or via email at
KarenS@distant-horizons.com

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TRIP DESCRIPTION

Please note that our itinerary involves some time driving from city-to-city. We use comfortable buses whose size varies depending on the size of the group to do these drives. Furthermore, whilst the bus will transport you directly to most sites, in most cases there will be a fair amount of walking involved around the sites including climbing up and down stairs (sometimes without handrails), as well as walking tours in some cities. Some days have an early-morning start and include a full day's schedule of activities, lectures and special events. Participants must be in good health and able to keep up with an active group. The weather in the region during this time of the year is warm, rainy and humid. October is the end of the rainy season, but rain will come in the form of thunder showers or bursts of rain followed by sunshine. The average daily temperature is in the low 80s (°F).

This program can accommodate families. However, we recommend this program for children over the age of 12.

RESERVE YOUR TRIP TODAY!

Please read and complete the form carefully then mail application along with a copy of your I.D. and a deposit of \$1,000 per person to:

DISTANT HORIZONS, INC

350 Elm Avenue, Long Beach, CA 90802

Or Call: 1-800-333-1240 or 1-562-983-8828

**WHEN YOU RETURN THIS APPLICATION, PLEASE INCLUDE A
LEGIBLE PHOTOCOPY OF YOUR PASSPORT**

Trip Name: Sri Lanka: The Island of Serendipity

Trip Date: October 5 - 21, 2018

Name: Dr. / Mr. / Ms. / Mrs. _____
Exactly as listed in your passport (First) (Middle) (Last)

Preferred first name: _____

Mailing Address: _____

Home Phone: Business Phone: Cell Phone

E-mail Address: _____

Describe your health and mobility:

Are you presently under a doctor's care or taking any medications? If yes, please elaborate

Please list any allergies or physical limitations:

Please list any diet restrictions:

Emergency contact person, phone number, and relationship:

ACCOMMODATIONS

Distant Horizons will do everything possible to satisfy requests to share a room for single tour members. On occasions when it is not possible, the single supplement will apply.

☐ I want a single room (single supplement will apply) ☐ I will share a room with: _____

☐ I request a roommate (not guaranteed)

BED TYPE (not guaranteed) ☐ One large bed ☐ Two twin beds

Reservations are subject to availability and processed on a first come, first served basis. Reservations to be paid in full 90 days prior to departure. Reservations received after this date must be accompanied by payment in full. Final payment may be made by personal check, payable to Distant Horizons.

I have read the travel terms and conditions and agree to abide by them.

Signature

Date _____

TERMS AND CONDITIONS

Reservations and Payments: Reservations for this tour require a deposit of \$1000 per person and an application form signed by the participant. **Final payment is due upon receipt of invoice no later than July 8, 2018, and must be paid by check.**

Eligibility: At least one member of the traveling party is required to make a sustaining financial contribution of \$50 or more to the Johns Hopkins Alumni Association within the fiscal year. Please visit alumni.jhu.edu/support. Note: A small portion of the cost of your trip supports the Johns Hopkins Alumni Travel program.

Tour Price Includes: Hotel Accommodations: Accommodations in hotels as outlined in the itinerary based on double occupancy, prices listed are based on two persons sharing a twin room. Distant Horizons reserves the right to substitute hotels for those named in the brochure when necessary. Distant Horizons will do all possible for single participants to satisfy requests to share rooms. On occasions when it is not possible, the single room supplement will apply. If Distant Horizons assigns you a roommate and your roommate cancels or changes their mind about sharing a room, you will be liable for the single room supplement.

Meals: American breakfast (B), lunches (L) and dinners (D) are included as specified in the itinerary. Bottled water is included with lunch and one with dinner. Welcome and farewell receptions include beer and wine.

All Land Travel Listed: Educational program of lectures and discussions, entrance fees to monuments, bottled water kept on the bus, transportation in a deluxe, air conditioned motor coach, airport transfer for those arriving on the designated group flight, the services of a tour escort/guide and of a Johns Hopkins University Scholar, special activities as quoted in the itinerary, and all gratuities to the local guides, tour escort, driver, and waitstaff for included meals.

Tour cost is based on rates of currency exchange at time of printing (March 2018) and is subject to change with or without previous notice. If there is a price increase prior to the day of departure in the basic costs, such increases may be passed on to the participant. If bookings fall below the minimum required, passengers will be advised of additional costs for that departure date. The minimum group size of this departure is 15 paying participants, should the number of participants fall below this number, a small group surcharge and/or revised staffing will apply.

Tour Price Does Not Include: Air service to and from Colombo, international airfare, meals not specified in the itinerary, transfers for those not arriving on designated group flight, chambermaid gratuities, alcoholic drinks at included meals except for welcome and farewell receptions, personal items such as laundry, email, fax or telephone calls, liquor, room service, independent and private transfers, Visa fees, luggage charges and private trip insurance. Any increases in the in-tour security, or fuel surcharges imposed after the initial pricing of this program are not included.

Cancellations: Distant Horizons and Johns Hopkins University reserve the right to cancel any tour prior to departure for any reason, including insufficient number of participants, and to decline to accept or retain any person as a participant at any time. Should this happen, refunds will be made without obligation, although we cannot be held responsible for any additional costs already incurred by participants. The tour price is based on a number of people traveling together. If a participant cancels, the following refunds will be available upon written notice of cancellation to Distant Horizons:

Notice more than 90 days prior to departure: a refund less a \$500 cancellation charge.

Notice on or between 89 days and 30 days prior to departure: a refund less 50% of trip price.

No refund shall be issued if cancellation is received less than 30 days prior to departure date.

No refunds shall be issued after the tour has commenced. No refunds shall be issued for occasional missed meals, sightseeing tours or any unused services.

Responsibility: Distant Horizons and Johns Hopkins University act only in the capacity of agents for the hotels, airlines, bus companies, railroads, ship lines or owners or contractors providing accommodations, transportation or other services. As a result, all coupons, receipts or tickets are issued subject to the terms and conditions specified by the supplier. By acceptance of tour membership, the participant agrees that neither Distant Horizons nor Johns Hopkins University nor any of their subsidiaries shall become liable or responsible for personal injury, damage to persons or property, loss, delay or irregularity caused by persons not controlled by it, such as (without limitation) airlines, bus and shipping companies, suppliers of accommodations or other services, or resulting from any acts of God, defects in vehicles, strikes, wars, whether declared or otherwise, civil disturbances, medical or customs regulations, acts of terrorism, epidemics or government restrictions. Distant Horizons and Johns Hopkins University cannot be held responsible for unfavorable weather or closure of access routes due to bad weather conditions. Distant Horizons and Johns Hopkins University cannot be held responsible if the tour lecturer or leader cancels, and passengers will be advised of a comparable replacement should time permit. Distant Horizons and Johns Hopkins University are not responsible for any additional expenses or liability sustained or incurred by the participant as a result of the above mentioned causes.

The University is not the Tour Operator. The University is not responsible for the itinerary, flight times, hotel or transportation arrangements, or any other aspects of this tour. The University and the Tour Operator act only as agent for the participants with respect to travel services, and it shall not be responsible for changes of flight times, fare changes, dishonor of airline, hotel or other reservations, injury, damage, loss of baggage, accidents or for the acts or defaults of any person or entity engaged in conveying participants or in carrying out other arrangements of the tour. Further, the University and Tour Operator shall not be responsible for losses or additional expenses of the participant due to sickness, weather, strike, civil unrest, acts of terrorism, quarantine, acts of God, or other causes beyond its control. The University and Tour Operator shall not be responsible for alteration in the itinerary as deemed necessary for carrying out the tour and the right is reserved to substitute hotels of similar quality. The right is further reserved to cancel any tour prior to departure; in which case the entire payment may be refunded without further obligation on its part. The right is also reserved to decline to accept or to retain any person as a member of the tour should such person's health, actions or general deportment impede the operation of the tour or the rights or welfare of the other participants. No refund will be made for the unused portion of any tour. Applicants for participation in this tour accept in full all of the conditions set forth above.

Tour participant acknowledges receipt of a copy of these terms and conditions and signifies acceptance of, and consents to, all of the terms and conditions set forth herein, on behalf of any participants they may act for and for themselves when registering for, or making payments on, this tour.