

MIRIS TRAILS

SRI LANKA AT YOUR FINGERTIPS

14 DAY LUXURY CULINARY TOUR 2-16 SEPTEMBER 2013

Experience Sri Lanka like nobody has done before... Come on a journey that will delight your senses, enrich your knowledge and leave you with an appreciation of Sri Lanka's rich culture and culinary traditions.

Some of Sri Lanka's best chefs will mentor you in the preparation of exotic meals and share their knowledge of the culture and traditions that influence Sri Lankan food. Your mentors will also lead you on expeditions to local markets to pick the finest fresh fruit, vegetables, meat and seafood for your cooking class.

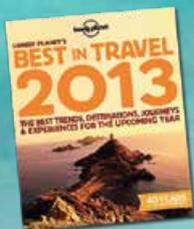
On this tour, you will have your own chauffeur-driven car to travel across this beautiful island, stay at some of the most beautiful luxury hotels, use your own cooking station to create culinary masterpieces at each venue and have plenty of free time to explore exotic Sri Lanka at your own pace, away from the tourist beat.

Food and so much more...

Golf, Cricket, Wildlife, Rainforests, Shopping, Beach, Scuba, Gems, Jewellery, Archeology, Spa, Surfing.

Relax in comfort at some of the best hotels in Sri Lanka:

Jetwing Beach	A chic luxury hotel on the beach, famous for seafood & romantic sunset BBQs on the beach.
Jetwing Vil Uyana	A small luxury hotel with private chalets built around a lake and a typical rice paddy.
Jungle Beach Resort	One of the finest luxury resorts on the East Coast with private chalets nestled in a Jungle setting.
Cinnamon Lodge	A beautiful lakeside resort in Habarana, in the Cultural Triangle.
Heritage Tea Factory	A colonial era tea factory converted into a luxury hotel, perfect for exploring the hill country.
Jetwing Lighthouse	A luxury boutique hotel on the southern coast, designed by Asia's most famous architect.
Cinnamon Grand	One of the finest luxury hotels in Colombo.



Sri Lanka has been picked as the number one destination in the world in the Lonely Planet's 2013 Travel Guide. Under the title "Serenity returns to Serendib" the travel guide raves about the "multi-faceted experiences the traveler can look for in this small island, fused with novelty and indulgence."

"more than just a taste of paradise"



A MIRIS PRODUCTS VENTURE

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SEPTEMBER 2013 - TOUR OUTLINE

2nd September: Airport > Negombo

Your chauffeur will pick you up from the Bandaranaike International Airport (BIA) and drive you across to the Jetwing Beach Hotel in Negombo. Once you check in, you can grab some rest, get a massage at the SPA or relax by the pool. In the evening you will be briefed on the tour at a welcome dinner hosted by Sonali Peiris of MirisTrails.

3rd September: Negombo

If you're up for it, you can set off on an early morning expedition to the Negombo Lellama (a traditional fish market where you can experience the auction and trade in fish, fresh off the trawlers). Later that morning, at your first lesson, you will learn to cook Fish, Prawn and Dhal, all local staples that are rich in spice and flavor. The afternoon and evening would be yours to explore the famous Negombo 'strip' or just relax poolside.



4th September: Negombo > Sigiriya

No cooking lessons today and you have the whole day to yourself. Your chauffeur can drive you to Sigiriya after breakfast or you can spend some time in Negombo and leave later in the day. You can enjoy the beach and pool in Negombo (before check out), indulge in some shopping on the strip in Negombo or get to Jetwing Vil Uyana in Sigiriya and enjoy your own private plunge pool.

5th September: Sigiriya

Today you will visit the market in Dambulla - a real farmer's market and a central trading hub for vegetables, cereals and other essentials. Later that day, you will learn to prepare Pittu (a popular cereal), Lunu Miris (a spicy onion salad) and Dangassu Beef. In the afternoon, you can rest and relax or go on an Elephant safari to Minneriya National Park.



6th September: Sigiriya > Trincomalee

No cooking lessons today and you have the whole day to yourself. Your chauffeur can drive you to Trincomalee after breakfast or you can spend more time in Sigiriya and leave later that day. In Sigiriya, you can visit the Sigiriya Rock Fortress (a UNESCO site, often called the 8th Wonder of the World) or you can get to Trincomalee and enjoy the comfort of Jungle Beach Resort.

7th September: Trincomalee

In the morning, you can visit one of the busiest seafood and produce markets in Sri Lanka. Later that day, you will learn to cook the Trinco Crab and Sewe Kedda. Spend the evening at leisure by the pool or you can indulge in cocktails on the beach.



8th September: Trincomalee > Habarana

No cooking lessons today and you have the whole day to yourself. Your chauffeur can drive you to Cinnamon Lodge Habarana after breakfast or you can stay longer in Trincomalee to go snorkeling at Pigeon Island. If you're keen on Whales and Dolphins, an early morning boat ride can be arranged by the hotel.

9th September: Habarana

This is another day of leisure to rest, relax and enjoy your beautiful surroundings at Cinnamon Lodge. You have the whole day to yourself to relax or go on an elephant safari or a village walk to see how the locals live. An 'Old Civilization Sri Lankan Lunch' at Cinnamon Lodge is an optional extra and a 'must do' activity for the foodies.

10th September: Habarana > Nuwara Eliya

Your chauffeur can drive you to the unique Tea Factory Hotel in Nuwara Eliya after breakfast. Alternatively, prior to departure, you can visit the Dambulla Caves Temples (another UNESCO site) or treat yourself to a vegetarian lunch and environmental tour at CES (Centre for Eco-cultural Studies).

11th September: Nuwara Eliya

You can sleep in and wake up to the aroma of fresh Ceylon Tea or you can wake up at the crack of dawn to visit the local market. Later that day, you will learn to prepare crispy fried Organic Tea Leaves with Tamarind Chutney, a Farm Vegetable Soup with Nasturium and Wild Jama Naran Leaves and a Gotukola and Coconut saturated Baked Fish with accompaniments.



12th September: Nuwara Eliya > Galle

Your chauffeur can drive you to the famous Lighthouse Hotel Galle after breakfast or you can play a round of Golf or visit Horton Plains (also known as World's End), prior to departure. If you leave for Galle in the morning, you can stop en route at Udawalawe National park, where you can hire a Jeep (and Tracker) to take you on an Elephant Safari.

13th September: Galle

You have the option of sleeping in or you can visit the Galle Fishing Harbor to witness the pulling in of the fish nets. Later that morning, you will learn to prepare Lomprijs (Lamprais - a Galle specialty that harks back to days of the early Dutch settlements) and Wattalap-pam (a baked caramel custard using Jaggery, a sugar derived from the Kittul Palm).



14th September: Galle > Colombo

Your chauffeur can drive you to the Cinnamon Grand Hotel in Colombo after breakfast. Alternatively, you can stay a bit longer in Galle to explore Galle Fort's delightful shops and cafes. If you prefer to go to Colombo, you can stop en route for lunch on the terrace in colonial grandeur at Mt Lavinia Hotel. In Colombo, your activity options include a city tour, shopping, or spa treatments at any one of the city's lovely day spas. As night falls, Colombo shifts gears and offers up some lovely dining experiences and live music venues.

15th September: Colombo

In the morning you can visit the Kollupittya Market and, later that day, you'll experience a cooking demo of Pol Roti (coconut roti bread), Hoppers (a crispy pancake) and traditional curries at Nuga Gama (a traditional Sri Lankan village setting in the grounds of the hotel). The afternoon is yours to do as you wish and in the evening, you will return to Nuga Gama to enjoy a traditional Sri Lankan meal hosted by Sonali Peiris of Miris Trails.

