

# The Sri Lanka Multi-Challenge

**Discover a land steeped in history and blessed with near-deserted sandy beaches, lush rainforests and a welcoming people. From the dramatic mountain-top fortress of Sigiriya and the former capital Polonnaruwa, Sri Lanka boasts a rich cultural heritage. Finish off with some time spent assisting the local community in the Unawatuna region rebuild their lives in the wake of the terrible 2004 tsunami.**

From Sri Lanka's modern capital we head to previous seats of power, using a challenging combination of cycling and trekking. The first and oldest town we visit is the imposing citadel of Sigiriya, perched atop an impregnable and stunning monolithic rock. From here we journey forward in time over a thousand years to Polonnoruwa with its beautifully preserved ruins before arriving at Kandy, home to the famous 'Temple of the Tooth'. Eventually we arrive at Galle, a delightful walled city on the southern coast and the small fishing village of Unawatuna with its swaying palms and idyllic beach lifestyle which was so tragically shattered by the tsunami in 2004. Here we assist on various projects working alongside the local communities – you can even choose to participate in one which matches your chosen UK charity!



**Different Challenge**

[www.different-challenge.com](http://www.different-challenge.com)

# The Challenge

## Day 1

Fly to Colombo.

## Day 2

Arrive in Colombo and transfer to the awe-inspiring World Heritage site of Sigiriya.

## Day 3

Enjoy a full day's jungle hike en route to Sri Lanka's medieval capital Pollonaruwa.

## Day 4

Spend a fascinating day cycling through Pollonaruwa's ancient ruins.

## Day 5

More cycling through lush countryside, stopping at a spice garden and batik factory en route to Kandy.

## Day 6

A day of varied transportation as you first walk, then drive and finally cycle to reach Nuwara Eliya, home to hundreds of Sri Lanka's wild elephants.

## Day 7

Travel through the stunning tea plantations as you trek first to World's End, a dramatic cliff formation, and then on to Kinchigune where we camp overnight.

## Day 8

A day's cycling to Galle, passing through more charming countryside and remote villages.

## Days 9 to 13

We spend the next five days helping on a range of voluntary projects, including a home for the elderly, an orphanage, a school for displaced tsunami victims, a home for disabled children and other projects.

## Day 14

Return flight to the UK.

# The Project

We work directly with a number of small-scale charities and local organizations to provide direct assistance where help is not otherwise available. Participants can choose to devote their time to a project which is relevant to their 'home' charity. Current projects include the following: a home for elderly men, an orphanage, a displacement school for tsunami victims, a school for deaf and blind children, a home for brain-injured children and a psychiatric hospital as well as environmental support such as tree planting and pollution clearing.



## Trip dates

Saturday 16 – Saturday  
30 August 2008

or

Saturday 1 – Saturday  
15 November 2008

## Costs

### Minimum Sponsorship:

£250 participation fee

£2,400 minimum sponsorship

### Self-funding:

Deposit £250

Balance £1,400

### At a Glance



13 nights



London /  
Colombo



13x Breakfasts,  
7x Lunches,  
13x Dinners



August 26°C  
November 14°C



August 26°C  
November 14°C



Local doctor



Challenging



10 to 20