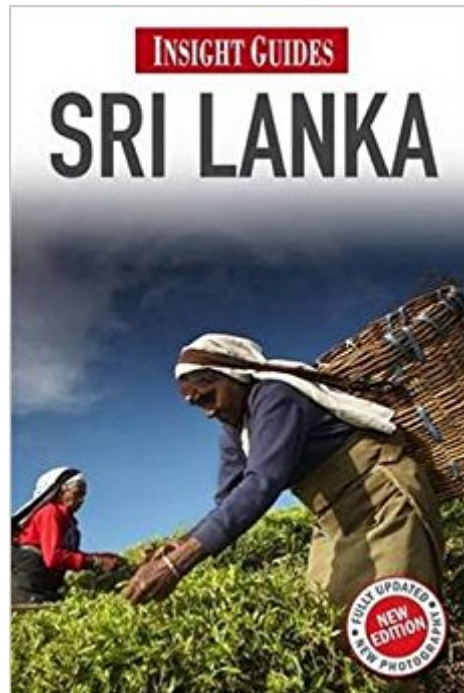




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# Sri Lanka (Insight Guides)



## Synopsis

Insight Guide Sri Lanka focuses comprehensively on this scenic island with its deceptively rich cultural past. Full-color photos throughout combine with the lively text to help you get under the skin of the destination – its people, ancient civilizations and Buddhist temples and architecture, as well as its places. Our “Best of Sri Lanka” section outlines attractions and activities not to be missed, while features by local writers cover subjects from the obvious to the not-so-obvious: art and architecture, the pleasures of a good rice and curry, Buddhists and Tamils, but also Kandyan drumming, the lowdown on Ayurvedic therapies and the art of Sri Lanka’s muralists. Thirteen Places chapters then take you on an inspirational trip, from the capital Colombo to the beaches of the West Coast; the palaces and temples of Kandy to the ancient ruins of the Cultural Triangle; and the tea plantations of the cool Hill Country to the lesser known eastern and northern regions – with plentiful maps to show you the way around. Finally, the Travel Tips cover all your practical needs, with a wealth of information and listings.

## Book Information

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## Customer Reviews

Gavin Thomas, a former editor, has been a freelance travel journalist since 2005 and can lay claim to extensive experience of traveling in Sri Lanka. Among the many Insight titles Gavin has authored are guides to India and the Middle East.

Great introduction to Sri Lanka and its customs. Perhaps too much space is dedicated to to

restaurants since I've found that I rarely search for recommended places and just find a place that is near where I happen to be. A better guide for me would be more of a menu explanation.

Good information to plan a trip or remember the places you have traveled

A great overview of a fantastic country. I am really looking forward to my travels here next year.

The book is adequate and gives a nice survey of the tourist destinations and foreigner friendly places, restaurants, and shops. But if you're looking to try and immerse yourself in Sri Lanka and "get off the beaten path" this is not the book for you.

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