



# Insight Guides: Sri Lanka

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**Insight Guides: Sri Lanka** Insight Guides

*Insight Guides: Inspiring your next adventure*

**Insight Guide Sri Lanka** is a full-colour, comprehensive guidebook to this scenic island, combining detailed information and stunning colour photography. The Best of Sri Lanka section is full of inspiring ideas to enable you to plan a memorable trip, from the Buddhist temples and palaces of Kandy to the simple pleasures of a good rice and curry. This is followed by in-depth features exploring Sri Lanka's history, society and culture. We cover subjects from the obvious to the not-so-obvious: art and architecture, Buddhists and Tamils, where to buy Sri Lankan crafts and where to spot wildlife, but also Kandyan drumming, Ayurvedic therapies and the art of Sri Lanka's muralists. The Places section features everything you'll need to know about Sri Lanka's sights and attractions, 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. Discover the East Coast, Jaffna and the North, areas that are welcoming visitors since peace has been restored. Each chapter has clear, detailed maps with key sights linked to the text by numbered dots. Finally, the Travel Tips cover all your practical needs, with a wealth of information and our author's selection of the best hotels, restaurants and cafes.

**About Insight Guides:** Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-color print guide books and maps as well as picture-packed eBooks to meet different travelers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure.

*'Insight Guides has spawned many imitators but is still the best of its type.'* - Wanderlust Magazine

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