

CUMBRIA CRICKET

GIRLS AND BOYS TOUR



SRI LANKA TOUR
2024

27 March - 8 April

LIONS SPORTS TRAVEL

The appointed official Tour Operator for
Cumbria Cricket Limited





CUMBRIA CRICKET TOUR TO SRI LANKA - FEBRUARY 2024

DEAR PARENTS AND PLAYERS

It gives me great pleasure to present you with this document detailing your exciting tour to the beautiful island nation of Sri Lanka.

The excitement awaits with plenty of cultural, wildlife and sightseeing experiences combined with the chance to compete against an unknown opposition whilst testing and refining skills.

A glimpse of the action: An eleven and half hour journey will take you to the warm and inviting tropical shores of Sri Lanka. You will find that playing cricket in Sri Lanka will be most challenging, but the country is extremely beautiful: from the jungles of Yala to the wonderful beaches in the south. Many of your matches will be played in world class cricket stadiums, which will include a first class / club grounds and school grounds which all have been exclusively booked for the team's use.

WHAT TO EXPECT ON YOUR TOUR TO SRI LANKA

Your safety is our number one priority. Our travel partners have revised the COVID-19 safeguards, whereby you are now free to experience all that this island nation has to offer.

BAGGAGE ALLOWANCE

Your checked baggage allowance is 30kg per person plus hand luggage 7kg. For players, you are recommended to carry two checked luggage i.e. a travel bag and a cricket bag. And for any supporters, you can check in as many bags as you like up to the weight allowance, however, each individual bag must not weigh more than 30kg.

GET READY FOR AIRPORT SECURITY CHECKS

Here is some useful advice to get through Security checks at all the airport:

- Remember to keep liquids to 100ml or under, to pop them in a clear resealable bag and to keep them easily to hand to be placed in a separate tray before screening.
- Make sure that any larger electrical items are separated from the rest of your hand luggage where possible. This will help airport security staff complete their checks more easily. Placing phones, iPads, headphones etc. in a separate tray is a good idea.

- Powerbanks, e-cigarettes and loose and spare batteries including spare laptop batteries should always be packed in your hand luggage, rather than your suitcase. For more information, check the Qatar Airways website before you travel (qatarairways.com).

DRESS CODE

Just as at home, be respectful of other cultures. If you are visiting any sacred sites, be respectful in your dress and attitude. Knee length shorts or long trousers with sleeved t-shirts / shirts should be worn when visiting sacred sites. Also do not cause any offence posing for photos in front of or beside a statue of Buddha.

And for the evening meal, the hotels would expect you to dress smart as you would in a hotel or restaurant here in the UK.





CURRENCY

We would recommend you carry GB Pounds and exchange them to Sri Lankan rupees during the stay when necessary. Alternatively, you may use any major credit cards such as Visa, MasterCard or American Express.

Players: As general practice we would recommend that you carry a minimal amount of currency not exceeding £200 towards any non-alcoholic beverages during meals, souvenirs and leisure time personal expenses as all other expenses will have been paid in advance including all meals, water during training and match days, sightseeing, entrance tickets etc. Since you are travelling as part of the group tour we would advise you to only exchange £50 to Sri Lankan Rupees on arrival at the hotel. Please speak to a member of the Lions Sports Travel team to organise the local currency.

In addition to your £200 spending money and £20 optional tipping.

DAYS AT LEISURE

During the tour, players and supporters will have days at leisure at the hotels during which time no activities have been planned and guests would be left to simply relax at the hotel. As the stays will be at good quality hotels throughout, guests can expect to avail of many leisure facilities including large swimming pools, gyms, complimentary wi-fi and indoor and outdoor sports. Security will be present at all exit and entry points of the hotels, however, as it is understandable that these personnel cannot be held responsible for any guests who decide to venture out of the hotel at any point. Players are NOT permitted to leave the grounds of the hotels at any point without being chaperoned by the relevant members of Cumbria cricket staff. Supporters are free to venture out of the hotels on their own arrangements, however players cannot accompany them, unless authorised by the management (in exceptional circumstances).

Kindly note, whilst staying at the beach hotels or during your visit to a beach resort as part of the local experience, we would strongly advise players and supporters to restrict themselves from venturing into the sea, as tides / currents can be unpredictable and lifeguards may not always be on duty.



TIPPING

As opposed to tipping each individual everyday, we find on group tours that it is better to collect a lump sum at the end, which is then distributed to the appropriate individuals including the coach drivers and their assistants, guides, baggage van drivers, cricket ground staff, hotel staff etc.

As a guideline, we would recommend a gratuity of £20 per player / supporter or maximum of £60 per family of three or more members for the entire duration of tour (calculated @ £1.80 per day). Whilst tipping in Sri Lanka is not compulsory, we have found that the service industry staff solely rely on service charges or tipping as their basic salaries remains at a minimal level.

Kindly note: we have requested the Cumbria cricket staff to collect the amount from the players to be handed over to the Lions Sports Travel team for distribution. For parents, it would be helpful if one of you can help us by collecting the tips and pass it to us. The gratuity will be distributed amongst the coach drivers and their assistants, guides, baggage van drivers, cricket ground staff, hotel staff etc.

Your support and consideration on this is greatly appreciated.



EMERGENCY CONTACT LIST

Please refer [page 22](#) for a comprehensive list of contact numbers that includes those of Lions Sports Travel team members.

USEFUL INFORMATION

Please refer [page 19](#) for travel do's and don'ts along with a few local phrases on [page 21](#) that you may find helpful to enjoy your time in Sri Lanka a bit more.

Finally, may I take this opportunity to wish you all the very best for your tour to Sri Lanka, enjoy the cricket, the country, and the local culture.

It sounds obvious but it is always good to remember that every country and culture is different to that of home so don't expect everything to be just as it is at home. Stay sensible following our guidelines and advice and you should have a fantastic time!

All the best,

Dipan *Suwarnaraj*





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குடிவரவு மற்றும் குடியகல்வு திணைக்களம்
Department of Immigration & Emigration



Ayubowan ARRIVAL CARD

Only for Foreigners

ශ්‍රී ලාංකිකයින් මෙය පිරවීම අවශ්‍ය නැත.
இலங்கையர்கள் இதனை பூரணப்படுத்த தேவையில்லை.



Only for Foreigners

විදේශිකයන් සඳහා පමණයි வெளிநாட்டவர்க்கு மட்டும்

ARRIVAL CARD

1. Flight No./Name of the Ship	EK649		
2. Passport No.			
3. Nationality	BRITISH		
4. Name with initials			
5. Address in Sri Lanka (Mandatory)	CINNAMON LAKESIDE HOTEL 115 SIR CHITTAMPALAM A GARDINER MAWATHA		
6. No. of accompanying children (Fill separate cards)			
7. First port of embarkation	LGW		
8. Purpose of visit. Please Tick (✓)			
☒ Holiday	☐ Official	☐ Residence	☐ Employment
☐ Conference	☐ Medical Treatment	☐ Media	☐ Business
☐ Education	☐ Transit	☐ Visiting Friends/Relatives	☐ Other
0 4 0 2 2 0 2 4			
Date		Signature	

9. For office use only

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Instructions

1. To be filled in English block capital letters and one character per box.
2. Use black/blue pen to fill this card.
3. Address in Sri Lanka is mandatory.
4. A separate card should be filled for each child travelling on parent's passport.
5. Your passport must be valid for next six months.
6. Any extension for visa should be obtained from Department of Immigration and Emigration in Battaramulla.
7. Strictly adhere to the purpose of visit indicated.
8. This is a legal document. False declaration can lead to penalties including confiscation of goods, fines, prosecution, imprisonment and removal from Sri Lanka.

1962

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தூரித சேவை இணைப்பு
Hot Line

SRI LANKA

TOUR ITINERARY

2024

27 March - 8 April

DEPARTURE MANCHESTER

WED, 27 MAR 2024

1000hrs Arrive at Manchester Airport & check-in at the Emirates desk
1310hrs Depart Manchester to Colombo via Dubai

DAY OF ARRIVAL IN SRI LANKA

THU, 28 MAR 2024

0825hrs Expected arrival time into Colombo airport
Airport formalities approx. 1 hour
0925hrs Transfer to your hotel in Colombo
1100hrs Arrive at your hotel; lunch at the hotel
1400hrs Check-in at the hotel
1430hrs Transfer to the venue for the **Practise Session**
1830hrs Return to the hotel for dinner and overnight stay

CUMBRIA CRICKET
GIRLS & BOYS TOUR

03



1ST MATCH DAY

FRI, 29 MAR 2024

0800hrs Breakfast at the restaurant of the hotel
 0830hrs Transfer to the cricket venue
 0930hrs **1st Match**
 1700hrs Return to the hotel
 1930hrs Dinner and overnight stay at the hotel

04



CITY TOUR OF COLOMBO

SAT, 30 MAR 2024

0800hrs Breakfast at the restaurant of the hotel
 0900hrs Rest of the AM at leisure
 1230hrs Experience a city tour of Colombo including lunch at a local restaurant
 1800hrs Return to the hotel for dinner and overnight stay

05

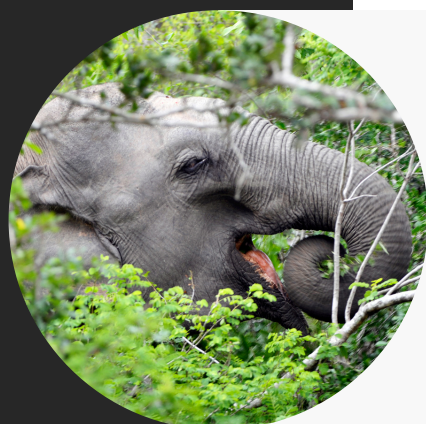


2ND MATCH DAY

SUN, 31 MAR 2024

0800hrs Breakfast at the restaurant of the hotel
 0830hrs Transfer to the cricket venue
 0930hrs **2nd Match**
 1700hrs Return to the hotel
 1930hrs Dinner and overnight stay at the hotel

06

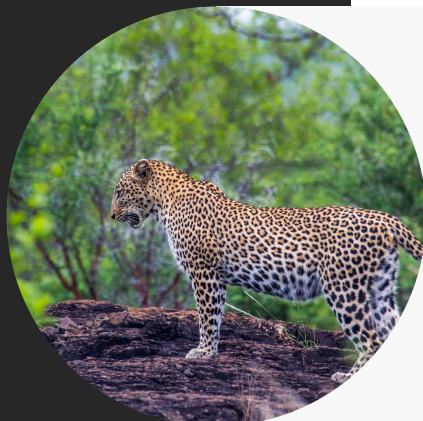


TRANSFER TO YALA & 1ST 4X4 SAFARI

MON, 1 APR 2024

0730hrs Breakfast at the restaurant of the hotel
 0800hrs Transfer to Yala en-route lunch at a local restaurant
 1330hrs Arrive and check-in at the hotel
 1500hrs Experience the 1st 4x4 Safari at the Yala National Park
 1830hrs Return to the hotel for dinner and overnight stay

07



2ND 4X4 SAFARI

TUE, 2 APR 2024

0900hrs Morning at leisure after breakfast
 1230hrs Lunch at the restaurant of the hotel
 1445hrs Enjoy a 4x4 safari at Yala National Park (2nd safari)
 1830hrs Return to the hotel for dinner and overnight stay

08



TRANSFER TO WASKADUWA

WED, 3 APR 2024

0800hrs Breakfast at the restaurant of the hotel
 0830hrs Check-out from the hotel and proceed to Waskaduwa
 1230hrs Arrive at the hotel; followed by lunch
 1400hrs Check-in at the hotel and spend the rest of afternoon at leisure
 1700hrs Visit Kalutara Bodhiya (Buddhist Temple)
 1930hrs Dinner and overnight stay at the hotel

09



3RD MATCH

THU, 4 APR 2024

0730hrs Breakfast at the restaurant of the hotel
 0815hrs Transfer to the cricket venue
 0930hrs **3rd Match**
 1700hrs Return to the hotel
 1930hrs Dinner and overnight stay at the hotel

10



4TH MATCH DAY

FRI, 5 APR 2024

0730hrs Breakfast at the restaurant of the hotel
 0815hrs Transfer to the cricket venue
 0930hrs **4th Match**
 1700hrs Return to the hotel
 1930hrs Dinner and overnight stay at the hotel

11



DAY EXCURSION TO GALLE
SAT, 6 APR 2024

0800hrs Breakfast at the restaurant of the hotel
 0900hrs Enjoy a half-a-day excursion to Galle including a visit to the Turtle Hatchery in Kosgoda and a wood carving factory
 1230hrs Lunch at a local restaurant
 1700hrs Return to the hotel
 1930hrs Dinner and overnight stay at the hotel

12



5TH MATCH DAY
SUN, 7 APR 2024

0730hrs Breakfast at the restaurant of the hotel
 0815hrs Transfer to the cricket venue
 0930hrs **5th Match**
 1700hrs Return to the hotel
 1830hrs Farewell dinner and presentation at the hotel
 2200hrs Check-out and depart to the Colombo Airport

13



DEPARTURE FROM COLOMBO
MON, 8 APR 2024

1200hrs Arrive at the airport and check-in at Emirates desk
 0315hrs Depart Sri Lanka to Manchester via Dubai
 1200hrs Arrive at Manchester Airport

END OF TOUR



FIXTURES

G I R L S T E A M

DATE	DETAILS	VENUE	VS.	FORMAT
28 Mar 24	NETS SESSION	Colombo Colts Cricket Club	-	-
29 Mar 24	MATCH DAY 1	P Sara Oval Cricket Ground	TBA	40over
31 Mar 24	MATCH DAY 2	Moors Sports Club	TBA	40over
04 Apr 24	MATCH DAY 3	General Balagalle Cricket Stadium	TBA	40over
05 Apr 24	MATCH DAY 4	Ordnance Corps Cricket Stadium	TBA	40over
07 Apr 24	MATCH DAY 5	Pujitha Uduwana Cricket Ground	TBA	40over

B O Y S T E A M

DATE	DETAILS	VENUE	VS.	FORMAT
28 Mar 24	NETS SESSION	LRD Cricket Group	-	-
29 Mar 24	MATCH DAY 1	Moors Sports Club	TBA	40over
31 Mar 24	MATCH DAY 2	P Sara Oval Cricket Ground	TBA	40over
04 Apr 24	MATCH DAY 3	Ordnance Corps Cricket Stadium	TBA	40over
05 Apr 24	MATCH DAY 4	Pujitha Uduwana Cricket Ground	TBA	40over
07 Apr 24	MATCH DAY 5	General Balagalle Cricket Stadium	TBA	40over



Package
INCLUDES
excludes &

Package **INCLUDES**

All passengers

- Flights on Emirates from Manchester to Colombo (via Dubai) on economy class including all applicable taxes
- Accommodation (sharing a triple room for players) as specified in the itinerary or similar for 11 nights
- Meal plan: Full board basis**
- Transportation by an air-conditioned coach
- City tour of Colombo and Galle
- Entrance fees to the Yala National Park (x2) and Turtle Hatchery
- Visit to the Kalutara Temple and a wood carving factory
- Sri Lanka ETA Visa fee
- Services of a Lions Sports Representative throughout

Package
INCLUDES
excludes &

Package **INCLUDES**

All about
CRICKET

- Cost of one 3hr training session
- Cost of x5 cricket matches per team
(up to 1000v on match days)
- Matches will be organised to play at x5 club / school grounds
- Match officials inc. umpires, scorers & a match coordinator
- Venue cost, match balls and lunch
- Unlimited bottled water on training and match days

Package
INCLUDES &
excludes

Package EXCLUDES

All passengers

- Travel / Medical Insurance
- Beverages
- Vehicles whilst at leisure at hotels
- Optional extras / sightseeing excursions
- Items & expenses of a personal nature inc. laundry
- Tipping

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World of Sport
– @lionssportstravel.com



IMPORTANT

NOTES:

MEALS:

Lunch on match days and travel days will be provided according to the itinerary; all other meals will be organised at the hotels and local restaurants.

CHILD RATE:

Cost per child is based on minimum two adults sharing a double room; maximum two children (2-12yr) are allowed to share a triple room with two adults.

TRIPLE ROOM:

Additional bed in the triple room will be a rollaway / foldable bed.

SUPPORTERS:

Except for the practice session, you will experience the same tour programme as the players and travel in a separate vehicle at all times.

“

No hidden charges
or additional
payments requested
once the booking is
confirmed

– @pricepromise

”

Flight details on EMIRATES Economy cabin class



FLIGHT#	DATE	FROM / DESTINATION	LEAVING / ARRIVING	FLYING TIME	AIRCRAFT TYPE
EK18	27 Mar	Manchester T1 / Dubai	13:10 / 00:25 (28Mar)	7.15 hrs	A380-800
EK650	28 Mar	Dubai / Colombo	02:40 / 08:25	4.15 hrs	B777-300ER
EK649	8 Apr	Colombo / Dubai	03:15 / 06:00	4.15 hrs	B777-300ER
EK17	8 Apr	Dubai / Manchester T1	07:25 / 12:00	7.35 hrs	A380-800

BAGGAGE ALLOWANCE:
Checked @ 30kg per person (x2 bags inc. a cricket bag)
Hand luggage @ 7kg per person

01.

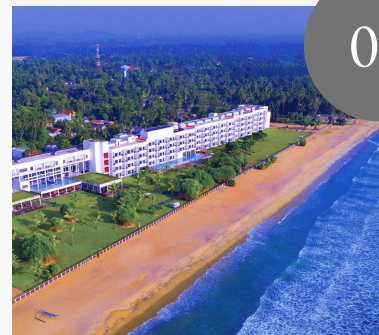
CINNAMON LAKESIDE (5*)

Location: Colombo
Room Type: Superior
Dates: 28/03/24 - 01/04/24
Number of nights: 4



CITRUS WASKADUWA HOTEL (4*+)

Location: Waskaduwa
Room Type: Superior
Dates: 03/04/24 - 08/04/24
Number of nights: 5



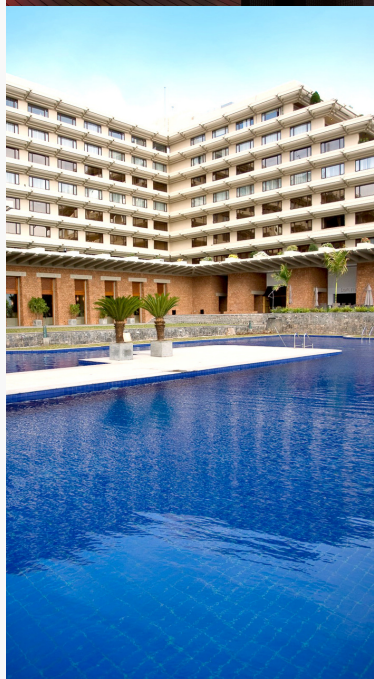
03.

HOTEL *details*



JETWING YALA (4*+)

Location: Yala
Room Type: Superior
Dates: 01/04/24 - 03/04/24
Number of nights: 2



02.



HOTEL

details for supporters

S T A Y 1

CINNAMON GRAND COLOMBO (5*)

Location: Colombo
Room Type: Premium
Dates: 28/03/24 - 01/04/24
Number of nights: 4



S T A Y 2

CINNAMON WILD (4*)

Location: Yala
Room Type: Chalet
Dates: 01/04/24 - 03/04/24
Number of nights: 2



S T A Y 3

AVANI KALUTARA RESORT (4*)

Location: Kalutara
Room Type: Avani Courtyard
Dates: 03/04/24 - 08/04/24
Number of nights: 5



HOTEL facilities:

-  Safety features
-  Swimming pool
-  Restaurants
-  Square pin sockets
-  Laundry / ironing
-  Bar
-  Gym
-  Towels
-  Spa
-  Wi-Fi
-  Safety
-  Hair dryer

DOS & DON'TS



LOCAL CUSTOMS:

Sri Lankans are very easy going and as you'll find out, friendly and welcoming. Quite rightly they are proud of their country, culture and of course, love cricket!

PERSONAL SAFETY & SECURITY:

Most people's visit to Sri Lanka are trouble-free, however like anywhere in the world theft does occur so apply the same awareness as if you were visiting an unfamiliar place at home. We would recommend that you keep valuables safe at all times by using the safety lockers provided in your hotel rooms or in the vehicle whilst travelling.

FOOD & DRINK:

One of the great things of travelling abroad is the chance to try different foods. Hopefully you'll enjoy some traditional Sri Lankan food while you're there. Always stick to bottled water and avoid ice cubes in drinks unless it's at your hotel. Good hand-washing hygiene will help to get rid of any unwelcome bacteria.

STAY SAFE IN THE SUN!:

Wear a hat and loose clothing to keep cool. Apply (and reapply) sunscreen regularly even if there is cloud cover and especially after swimming.

KEEP HYDRATED:

Remember to drink plenty of bottled water. There will be bottled water available at all the cricket venues / vehicles for the players.

PHOTOGRAPHY:

Ask permission before taking pictures either of people or inside temples or other sacred places. Also do not cause any offence posing for photos in front a statue of Buddha i.e. with your back to the statue.

DRESS CODE:

Just as at home, be respectful of other cultures. If you are visiting any sacred sites, be respectful in your dress and attitude. Knee length shorts or long trousers with sleeved t-shirts / shirts should be worn when visiting sacred sites. And for the evening meal, the hotels would expect you to dress smart as you would in a hotel or restaurant here in the UK.

BUGS AND INSECTS:

At some point you will probably encounter some unfamiliar looking insects. Admire them from a distance and try to avoid getting bitten, especially by mosquitoes, wasps, and bees. It's a good idea to use insect repellent on any exposed areas of skin at all times. Please keep your room windows / balcony door closed during dusk to avoid insects entering your room.

SWIMMING IN THE SEA:

Take care if you swim in the sea. Swimming in the sea is strongly discouraged due to the strong undercurrents. You must keep the hotel lifeguard informed.

WILDLIFE SAFARI

During your wildlife safaris, we would request you to be mindful and avoid doing the following:

- Carrying any items of food whilst on safari
- Attempting to touch any animals that you may see whilst on safari including dogs, monkeys and elephants etc.
- At any point do not disembark from the jeep unless advised by the jeep driver / naturalist
- Do not make any sudden loud noises that may startle the wildlife during your safari
- When taking photographs / videos of animals avoid using flash photography.

18 INTERESTING FACTS ABOUT SRI LANKA

Located southeast of India, Sri Lanka is a hidden gem of the Indian Ocean. Beyond its ancient ruins, beautiful beaches, and amazing wildlife, the island nation has many other stories to uncover. From being the Pearl of the Indian Ocean to having the world's oldest human-planted tree, here are 18 facts you might not know about Sri Lanka to offer you a glimpse of the intriguing local history and culture.

1. AYUBOWAN

The standard greeting is "ayubowan" in Sinhalese. Locals will greet you by holding their hands in a prayer position and saying "ayubowan," which means "may you be blessed with a long life" in Sinhala, the official language. It can also be used to say goodbye.

2. ADAMS'S PEAK FOOTPRINT:

At the summit of Adam's Peak (Sri Pada), there is a large rock formation that is believed by various religious groups to be the footprint of Adam, Buddha, or Shiva, depending on one's faith.

3. ELEPHANT ORPHANAGE:

Pinnawala Elephant Orphanage is a popular attraction where you can observe and even interact with rescued elephants as they bathe in the river.

4. NATIONAL SPORT

Though the most popular sport in the country is cricket, it is volleyball that was made the national sport. Sri Lanka introduced the game in 1916 and it gained tremendous popularity in a few years. In 1951, the Volleyball Federation was established and it was officially declared the national game of Sri Lanka in 1991.

5. WORLD'S FIRST WILDLIFE SANCTUARY:

Sri Lanka's Yala National Park is one of the world's oldest wildlife sanctuaries, established in 1900. It's renowned for its leopard population.

6. AYURVEDA HEALING:

Sri Lanka is known for its traditional Ayurvedic medicine practices, which focus on holistic healing through natural remedies and therapies.

7. BIRTHPLACE OF THE TEA BAG:

The tea bag, a common method of brewing tea worldwide, was supposedly invented in Sri Lanka by Sir Thomas Lipton.

8. UNUSUAL MODE OF TRANSPORT:

The tuk-tuk (auto-rickshaw) is a common mode of transport in Sri Lanka. These three-wheeled vehicles are a distinctive feature of the country's roads.

9. LARGEST GATHERING OF ASIAN ELEPHANTS:

The Minneriya National Park hosts a remarkable wildlife event called "The Gathering," where hundreds of wild Asian elephants congregate during the dry season around the Minneriya Tank.

10. LONGEST CORRIDOR OF PAINTINGS:

The Gangaramaya Temple in Colombo boasts the longest corridor of paintings in the world, featuring thousands of unique artworks.

11. BIODIVERSITY HOTSPOT:

Despite its small size, Sri Lanka is considered a biodiversity hotspot, with a high concentration of endemic species, including the Sri Lankan elephant, leopard, and purple-faced langur.

12. SRI LANKAN CUISINE:

The local cuisine is a delightful mix of flavours and spices. One must-try dish is the "hopper," a type of pancake with a crispy outer layer and soft centre, often served with various toppings.

13. EAT WITH YOUR HANDS:

If you want to eat like a local, learn to eat with your hands (it's harder than it sounds!). Many restaurants have sinks in the corner for guests to wash their hands before and after they eat for this reason. Take your right hand and gather rice and other food on your plate and mix it together. Then, pass it into your mouth. Traditionally, your left hand is used for holding the plate you're eating from.

14. MOONSTONE MINES:

Sri Lanka is known for its precious and semi-precious gemstones. The country is particularly famous for its moonstones, which are mined in certain areas.

15. TRADITIONAL PUPPETRY:

"Rukada Natuma," a traditional form of Sri Lankan puppetry, combines intricate craftsmanship with storytelling, music, and dance.

16. WHALE WATCHING:

The waters off the southern coast of Sri Lanka are a prime location for whale watching, particularly for blue whales and sperm whales.

17. DIVERSE FESTIVALS:

Sri Lanka celebrates a wide range of festivals representing various cultures and religions. The Sinhala and Tamil New Year (Avurudu) is a vibrant and joyous celebration.

18. HISTORIC SIGIRIYA GRAFFITI:

The ancient rock fortress of Sigiriya has a series of ancient graffiti that dates back to over 1,500 years ago, providing insights into the lives of ancient visitors.

MANY SRI LANKANS SPEAK ENGLISH BUT IT ALWAYS HELPS TO KNOW A FEW WORDS IN THE LANGUAGE(S) OF THE COUNTRY YOU ARE VISITING.

ENGLISH

Hello
Thank you
Yes
No
Please
Goodbye
My name is ...
Ok

SINHALESE

Ayubowan
Istuti
Ow
Eppa
Karunakara
Mama Gihin Ennam
Mage Nama ...
Hari

TAMIL

Vanakkam
Nandri
Om
Illai
Tayavu Ceytu
Poyvituvarukiren
Yen Peyar...
Sari

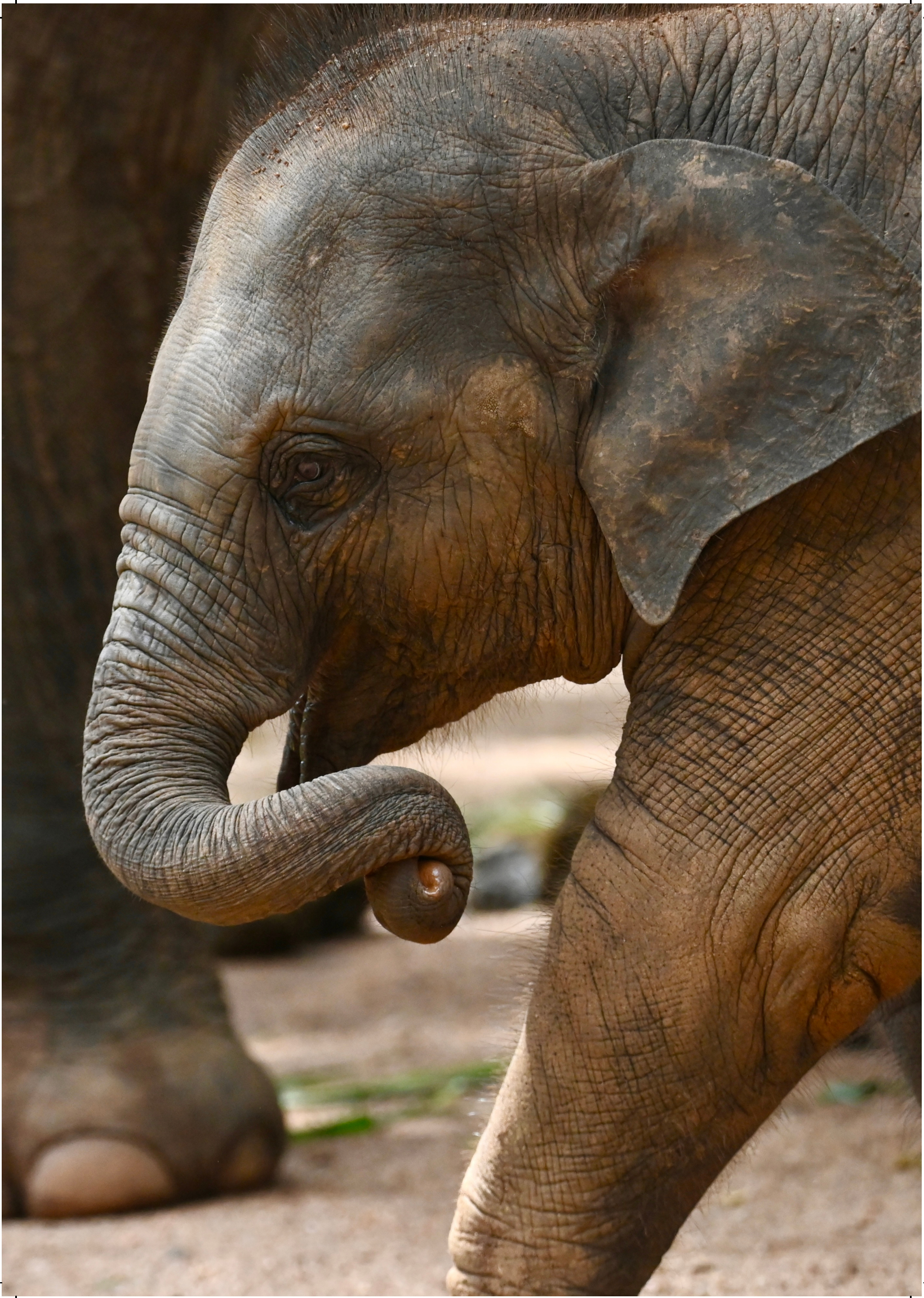




EMERGENCY NUMBERS

Emergency Numbers	Contact Person / Establishment	All numbers are local
UK Number	Mr Dipan Suwarneraj (contactable 24/7)	+44 796 155 6295

Numbers in Sri Lanka	International Dialling Code Time difference in Sri Lanka	0094 GMT+5:30hrs
Ambulance		110
Emergency Services	Emergency Police / Fire Emergency Police Mobile Squad	119 +94 11 571 7171
Ground Handler	Rashmika Lawrence	+94 76 539 6644
High Commission	British High Commission	+94 11 539 0639
Hospitals	Nawaloka Hospital Colombo Olympus Lanka Hospital Debarawewa New Philip Hospitals Kalutara	+94 11 557 7111 +94 77 778 8080 +94 34 222 2888
Hotels	Cinnamon Lakeside Jetwing Yala Citrus Waskaduwa	+94 112 491 000 +94 47 471 0710 +94 34 763 4634
Lions Sports - Sri Lanka	Kevin Suwarneraj Azleena Jay Wendy Sen	+94 77 770 7007 +94 76 399 3535 +94 76 770 5588
Taxi (Colombo)	Taxi Service (Colombo)	+94 11 2 588 588





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with **LIONS**
SPORTS *travel*



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TELEPHONE: 01707527875

OFFICE HOURS: MON - FRI: 9.00AM - 5.30PM

WEBSITE: LIONSSPORTSTRAVEL.COM

ADDRESS: ALBANY CHAMBERS, 26 BRIDGE ROAD EAST, WELWYN GARDEN CITY,
HERTFORDSHIRE, AL7 1HL, UNITED KINGDOM

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