



Sri Lanka broke off the bottom of India and has a distinct culture that is fascinating. Running opportunities are plentiful throughout the south of the island (the north is still in political battles and should only be visited with a tour company; even then, running is not recommended).

Take to the Southern Highlands and run through historical colonial tea plantations – many still operate exactly as they did when under British rule. Run past woman hand-picking tea leaves (just like the picture on the PG Tips box): stop in and see how the leaves are milled through the factory by hand, packaged and shipped around the world.

A fresh brew takes on a whole new meaning when it truly is fresh from the plant. **\*Good to know:** As you pass through deep, dense forest you will see monkeys swinging in the trees and elephants wandering the trails – just don't get your power cookie out:

you might have someone piggybacking you for the rest of the run.

Historical temples are a main attraction in Sri Lanka with huge Buddhas that are centuries old. The sites sprawl over many acres and running between monuments means you see more while getting a run in: just remember to stop your watch and take your shoes off before entering a religious site.

Heading further south, the waves roll in on endless white sand beaches. Running the A2 south coast road system you can appreciate how flat the island is where it meets the sea: in places, the scars of the Boxing Day tsunami show how far inland the devastation reached.

**\*Good to know:** Run with a water bottle. Dogs are more common than mosquitos here. A quick squirt of water and a big shout will scare off the fastest of dogs. If not, you are now doing a tempo session and will reap the rewards of getting your heart rate high.

