

## Chapter 1 : Polonnaruwa - TripAdvisor

*Polonnaruwa is an ancient city that is part of the Cultural Triangle route that forms most of the tourist itineraries. It has several ancient ruins but it is better to visit the place with a guide to better understand the stories behind the ruins.*

We had postponed the decision as long as possible, but when we reached Kandy city the decision had to be made! We decided to go, and then the follow-up question was: Go to which ancient city – Anuradhapura or Polonnaruwa? We asked our fellow travellers at the hotel we stayed at in Kandy. Most of them recommended Polonnaruwa, the reason being that even though it is smaller in scale, the ruins and temples are within a much more compact area, and they are in better condition. So with that decision taken, we headed north-east to Polonnaruwa! After a 5-hour car ride including a walk up Lion Rock Sigiriya from Kandy, we finally reached Polonnaruwa. We arrived in the evening, so it was dark and we came through a road that did not go near the ruins of the Ancient City. We drove through thick jungle, with just the rare light from a house or a shop piercing the darkness, so it felt like being in the middle of nowhere! Had we made the right decision choosing Polonnaruwa over Anuradhapura? We had not pre-booked any accommodation, so we had to drive around until we finally found a hotel – Seyara Holiday Resort. The owner made us feel very welcome, and we felt like home straight away! The next morning, after a lovely breakfast at the hotel, we took a tuk-tuk into town where we rented bicycles and headed out on the dusty roads through the Ancient City Polonnaruwa. The history of Polonnaruwa was the thriving commercial and religious centre of Sri Lanka some years ago. It consists of a lot of temples and religious buildings. For three centuries it was the royal capital, of both the Chola and Sinhalese kingdoms. Their reasons were apparently that it was a strategically better place to be protected from attacks from the Ruhunu Sinhalese kingdom in the south-east, and that it had fewer mosquitos!!! And it was during this Sinhalese period that Polonnaruwa reached its high glory. In the early 13th century the city's glory was fading, it was abandoned, and the capital moved to the western side of the island where Colombo is today. That was the sad end of the era of beautiful Polonnaruwa as a capital. Top 10 must-sees in the Ancient City of Polonnaruwa Before we went into the ruins of the Ancient City, we visited the Archaeological Museum next to the ticket office. The museum is designed for walking through, with a series of interconnected rooms each dedicated to a particular theme. They also had scale models of the buildings and temples of the city, showing how they might have looked like in their glory days with the wooden roofs still intact. It is much better to see the ruins and temples in real life than on pictures and models at the museum! Here are our top sights of the Ancient City Polonnaruwa: This group of buildings dates from the period of King Parakramabahu I – Even today it is quite an impressive building, but picture it being seven floors tall with 3 m thick walls, as the archaeologists claim it once was! Today only some of the walls are left, with holes to hold floor beams for two higher levels. If the building had four more levels above these stone walls, the archaeologists speculate that they must have been made of wood. Impressive building such a big palace in those days without machines! The ruins of the Royal Palace. Each elephant is in a different position and looks different from the other. Beautiful stone carved elephants on the walls of the Audience Hall. It was incredibly warm this day, especially around noon, so I had to buy me a lovely hat. Today the water is not very tempting to go swimming in, alien-green as it is! Sacred Quadrangle The Sacred Quadrangle is a compact group of beautiful and impressive ruins within a raised up platform bounded by a wall. This is the most concentrated collection of buildings in the whole Ancient City, and a must-see for any visitor! The Vatadage, 18 m in diameter. The Vatadage has four entrances, each guarded by a beautiful stone figure. The four entrances all lead to a central dagaba with four Buddhas. The central dagaba inside the Vatadage, with four Buddhas. This is one of few Hindu temples on the grounds. Me cycling from Shiva Devale No. This is the third largest dagaba in Polonnaruwa, and in excellent condition. Pabalu Vehera, the third largest dagaba in Polonnaruwa. The dagaba Pabalu Vehera is in perfect condition. Rankot Vihara Rankot Vihara is a huge dagaba in excellent condition, of impressive 54 meters tall! It is the largest dagaba in Polonnaruwa, the fourth largest in Sri Lanka, and dates back to King Nissanka Malla – In between the ruins and temples, we also found traces of the jungle trying to take over the ancient city. Espen in front of the dagaba Rankot Vihara. It is

54 m tall! The biggest dagaba in Polonnaruwa, and the fourth largest in Sri Lanka. Polonnaruwa is close to elephant populated national parks. All around the jungle, there are huts up in the trees, for spotting elephants who wander away from the National Parks. Three huts that are used for spotting elephants. This is the best-preserved unrestored dagaba in Polonnaruwa. Buddha statue at Lankatilaka The huge Lankatilaka is impressive with its 17 m high walls! Although the roof is gone, it still has a cathedral-like feeling about it, and the aisle leads to a huge standing headless Buddha. The big Buddha Lankatilaka. The walls are impressive 17 m high! Buddha figures at Gal Vihara Gal Vihara is a group of four beautiful Buddhas in perfect condition, cut from one long slab of granite. Sitting Buddha at Gal Vihara. The standing Buddha at Gal Vihara is 7 m tall! The reclining Buddha is 14 m long, picturing Buddha entering Nirvana. The reclining Buddha at Gal Vihara is 14 m long! We really enjoyed our day at the Ancient City of Polonnaruwa! What a lovely and peaceful place, and it was so fun to go around the ruins on bicycles! It is of course also possible to travel around the ruin ruins and temples by tuk-tuk or car. With this picture, us cycling towards the magnificent Shiva Dalave No. This picture was by the way tough to take! While we were struggling cycling back and forth a dozen of times, with our camera on the ground using the self-timer, two military guys were so kind to help us out so they are the photographers of this photo. Thank you so much! Here is a map of the Ancient City of Polonnaruwa: Map of the ancient city Polonnaruwa. Or hire a car with driver from wherever you are as we did from Kandy. The owner and his family are very friendly and made us feel right at home. The traditional Sri Lankan breakfast was excellent. Wi-fi is available in public areas, but not in the rooms. Since we were there they have built a large pool that looks excellent. It is well located for exploring the ruins and offers 10 basic but very clean rooms. Travelers highlight the excellent food and the friendly service. Air Conditioned rooms are available and all rooms have free wifi access. The pool looks great, and bikes are available for rent. There is a large gym and an excellent pool. In the evening you can sit and watch as Elephants come down to the Lake to drink and bathTravelers rave about the excellent food and personal attention to service. You can get that and other great books by clicking on the pictures below: Would you like to visit the ancient city of Polonnaruwa? Do you think bicycling is the best way to see it, or do you prefer tuk-tuk or a taxi? Please share your thoughts in the comment area below!

### Chapter 2 : Day Tour in Polonnaruwa, ancient city Sri Lanka with Sri Lanka Vacation Tours

*Submit Inquiry. One of the ancient capital cities of Sri Lanka and almost years old, Polonnaruwa Sri Lanka was a thriving religious and commercial city in its heyday.*

Things to do in Polonnaruwa There is enough Polonnaruwa attractions for a couple of days although you could fit in everything in here in one busy day. Polonnaruwa was the capital of the central plains of Sri Lanka years ago. The ruins are basically divided into five groups. They are all close together and we were rarely in our rickshaw for long. It would be too far and hot to walk around them, but you can hire a bicycle which would be a great option. It is hot though so keep this in mind. Everything is well sign posted. Below are the main sites we visited in the order in which we found them. The kids loved walking around the old Royal Palace and pretending they were kings and princesses. There was also a council chambers and some other ruins. This was probably my least favourite group of what we visited, so if you are very short on time, I would skip here. Quadrangle Vatadage The Quadrangle is a raised site with many important monuments some of which are temples of the tooth of Buddha. This area is one of the highlights as there are many buildings in a small space meaning our kids found it far more interesting. S vowed to go on every one and it was extra fun to explore this area. Hatadage Siva Devale No. Northern Group Rankoth Vehara This was by far my favourite group with lots of amazing monuments and ruins. Rankoth Vehara dagoba pictured above is just massive at 54 metres high – the fourth highest in Sri Lanka. The other bonus at this Polonnaruwa attraction is that there are some of the best toilets I have ever experienced at an outdoor attraction as well as about a zillion monkeys nearby. Alahana Pirivena group Nearby are the highlights of Polonnaruwa ancient city – the giant dagoba above, Lankatilaka and Gal Vihara which are all very close together and are all sacred sites. Lankatilaka is a huge temple with 17 metre walls and a standing headless Buddha. At Gal Vihara, there are beautiful rock carvings. Lankatilaka Gal Vihara There is also a museum where you buy the entry tickets. My one complaint about visiting this ancient city is the VERY hot ground at the big dagobas where you need to remove your shoes. The ground is also covered in gravel and it was too hot and bumpy to enjoy walking around. If you are trying to decide between here and Anuradhapura, the ruins in Anuradhapura are older but are not meant to be in nearly as good condition. We are happy we picked Polonnaruwa. Our rickshaw ride was rupees for 4 hours. Some of the ruins are sacred and you will need to remove shoes and hats. I am not sure if this is required or not – I played it safe and wore a t shirt. Polonnaruwa Tank A tank is an ancient reservoir and there are many of these in Sri Lanka. Polonnaruwa is the on the banks of Topa Tank, and it is beautiful. It is raised up from town so you only see it if you walk to it very quick from the old town. This makes it extra peaceful. Minneriya and Kaudella National Parks The magical elephant we saw in the wild From Polonnaruwa, it is very easy to go on a safari to Minneriya or Kaudella National Parks which are especially renowned for their elephant populations. You can book a safari through your guest house. We did this very easily and had a great afternoon exploring this part of Sri Lanka. It cost 4, rupees per adult. You can read more about it in my full review. Old Town is the most recommended place to stay – it is right by the tank and Polonnaruwa ancient city. There is everything you need here as well as many guest houses. It is where we stayed and we highly recommend it. There are some fabulous triple rooms here in a new building. Our big room was beautiful with air conditioning, a new bathroom and a big mosquito net. The best part was big floor to ceiling windows with a private patio looking over a rice paddy. The staff are very helpful and they also do laundry, book tours and serve meals and drinks. It was a very easy place to stay and just fabulous for kids although we were the only family there. The breakfast consisted of toast, eggs and fresh fruit. My only gripe is that the breakfast took a crazy long time to serve. We definitely recommend booking this guest house in advanced for this reason. They were also full during our stay. The area around our guest house from the tank Other Polonnaruwa accommodation options in the Old Town: Cannel Side Guest House – This is a step down in quality and price to the Manel, but seemed perfectly acceptable. Click here for the latest prices. Hotel Ancient Village – We came very close to booking this guest house. There is a nice garden and the rooms have small outdoor space facing fields. Click here for more details. The Lake Hotel – If you are happy to pay more money for a

higher quality option with facilities such as a swimming pool, this is a great choice. There are plenty of places to eat in Polonnaruwa. Apart from our guest house, we had inexpensive meals at Dineth Restaurant and Ariyasinhal Hotel. Neither was a stand out but they do provide some standard local options such as curry and rice, hoppers, kotthu and fried rice. Getting to Polonnaruwa Polonnaruwa is easily accessible thanks to being on a train line and has buses going to many places. We caught the train from Colombo which took about 6. Both options were fine and you can read more details and see photos in our Sri Lanka travel guide. Getting around Polonnaruwa It is easy to get around Polonnaruwa. There are inexpensive rickshaws everywhere although they do take some bargaining and we still seemed to pay a price that was too high and public buses. Polonnaruwa is a great place to visit with kids. All the Polonnaruwa attractions we visited were enjoyable for all of us. The Old Town itself is easy to navigate, hassle free and the kids were welcome everywhere. Visiting a site such as the ancient city was a new one for us with kids. One of us would sit at the entry to the ruins with the kids while the other visited and then we would swap over. I did enjoy our final site at the rock carvings at Gal Vihara though and had lots of questions about religion after that. This was helped by the fact that food was very cheap. Most meals were under rupees for the four of us. Our verdict We had a great time in Polonnaruwa. What is there not to love? The safari was a first for all of us and we had a great time. We were very glad we made the effort to visit Polonnaruwa ancient city as it was great with the bonus that it was practically tourist free – we only saw other foreigners at Gal Vihara. The town and our guest house itself was a great place to lounge around. All in all, we are very glad that we made the effort to visit this part of Sri Lanka. What do you think, is Polonnaruwa somewhere you would like to explore? You may also like:

### Chapter 3 : Polonnaruwa - Backpacking Travel Guide - racedaydvl.com

*Explore Polonnaruwa holidays and discover the best time and places to visit. | Kings ruled the central plains of Sri Lanka from Polonnaruwa years ago, when it was a thriving commercial and religious centre.*

Get in[ edit ] Polonnaruwa is km or miles from Colombo. They are, in order of preference, car, train and bus. The car is the easiest and most expensive. Make sure you ask for a Nissan Sunny or Toyota Corolla or you might be sent a crappy car. The advantage is that you will sit in air-conditioned luxury all the way to Polonnaruwa and the road is quite nice with plenty of greenery along the way. The old, massive trees tend to shade into the road once you leave the urban areas, creating a canopy effect. A trip is five to six hours inclusive of breaks for food, fruit and shopping although shopping along the way is just overpriced and not recommended. Train is next, though frankly, bus is kind of tied with it. You get on the train to Trincomalee at Colombo Fort station [http:](http://) It is not however an air conditioned experience but it is a train with all the scenery and Theroux-like hijinks that implies. Bus is always my third option. Buses also leave from Colombo Fort but from a slightly different location. Take the intercity to Polonnaruwa. With luck and blessings from whatever deity you subscribe to, you should arrive in Polonnaruwa in six to eight hours. October Price is Rup from Colombo to Polonnaruwa. Get around[ edit ] Bicycles are the best way to get around. Most guest houses will rent out bikes, but be sure of the condition when you pick it up. Check if the tyres are properly inflated etc. However be prepared for kilometres of walk. Just north of present-day Polonnaruwa town, km 90 miles north of Kandy , are the ruins of ancient Polonnaruwa, which date from the late 10th century, when the Chola kings of southern India invaded Sri Lanka and conquered Anuradhapura. The history of this ancient city is essentially connected with three Sinhalese kings. Vijayabahu-1 " King Vijayabahi-1 is the founder of this great city. The king was on the throne from AD to AD. King Vijayabahu-1 liberated the country from Chola dynasty, who ruled the island for a long time. Parakramabahu " King Parakramabahu ruled the country after the king Vijayabahu. The king Parakramabahu inherited the kingship from his grandfather King Viajayabahu According to the historical information, King parakramabahu undertook the responsibility of restoring the religion of the island, which was neglected during the foreign rule. Same times he had undertaken the responsibility of improving the agriculture and economy of the country. The king was able to bring the entire country under his control. King Parakramabahu had invested a large sum of money on the infrastructure and built a large number of tanks, and canals in order to increase the agricultural production of the island. Polonnaruwa is one of the must most important archaeological sites in Sri Lanka and many tourists visit the city during their holidays. Most monuments in Polonnaruwa are closely related to two religions, Buddhism and Hinduism. The construction is situated in the quadrangle towards the northern end of the premises. There are six other ancient religious constructions in the quadrangle alone with Thuparama. The age of the construction is not known to anyone but archaeologists believe the construction took place during the medieval period. The ticket is available at the Museum. Make sure to purchase a ticket before heading towards the ruins, else you need to go back to the museum as tickets are not available at the entrance. Unfortunately, the round trip tickets for the cultural triangle 50 USD are no longer available. Do[ edit ][ add listing ] In this area, you can find plenty of wild life reserves. Try to find a reliable person and visit the places like "Minneriya", "Kawudulla" Take a nice stroll at the ancient Bendiwewa reservoir, part of the Parakrama Samudra reservoir complex, which borders Polonnaruwa to the west. This shallow reservoir makes for a great picnic site, and during dry seasons may be shallow enough to allow traversing large sections of the lagoon by foot. Eat[ edit ][ add listing ] Saruketha Restaurant: It is mainly for tourists, yet is affordable around for a buffet curry with vegetables, dessert, chicken etc and clean. It has nice views over the big rice field located next to it.

**Chapter 4 : Weather in Polonnaruwa in January , Sri Lanka**

*Polonnaruwa was originally enclosed by three concentric walls and filled with parks and gardens. At the heart of the city lies the royal palace complex, while immediately to the north are the city's most important cluster of religious buildings, the so-called Quadrangle, containing the finest group of remains in the city - and, indeed, Sri Lanka.*

North East Polonnaruwa Polonnaruwa lies km northeast of Colombo, kms northeast of Kandy and kms southeast of Anuradhapura. The Sea of Parakrama – a vast 12th century man-made reservoir dominates the city. Although it is nearly years old, it is much younger than Anuradhapura, and in much better repair. Moreover, the monuments here are located in a more compact area, and their development is easier to follow. South Indian Chola invaders were the first to make Polonnaruwa their stronghold after ransacking Anuradhapura in AD. King Vijayabahu I recaptured the throne for the Sinhalese in and became the first to rule from the new capital Polonnaruwa, in a succession spanning years. Vijayabahu did much to develop religion and irrigation, but it was Parakramabahu I reigning from who raised Polonnaruwa to its glorious heights in a grand renaissance of art and architecture, which produced the most beautiful statues and carvings in the country. Parakramabahu built huge structures and laid out beautiful parks and gardens. His monumental feats include the construction of the Parakrama Samudra, a vast reservoir covering acres next to the city. Nissanka Malla, who contributed many ornate buildings to the city, succeeded him. After about a century of efforts to hold back invaders, Polonnaruwa was finally abandoned to the jungles during the 13th Century. Polonnaruwa has an old town and new town, and most of the runs begin at the north edge of the old town. The ruins are divided into 5 groups. The quadrangle group includes the vatadage circular relic house , the best example of the gedige architectural style – the Thuparama, the Gal Pota massive stone slab representing an Ola leaf and several astonishing temples of Buddhist and Hindu influence and style. The northern group has the Tivanka Image House, the Lotus Pond, a massive monastic convocation hall and many Dagobas and temples. The museum, which is near the rest houses, is open from 8am – 5pm daily. As at Anuradhapura, the new town is a recent settlement away from the ancient city. You can find plenty of good accommodation in the new and old town. Buses and trains travel daily between Colombo and Polonnaruwa, and you can also get to Anuradhapura, Kandy, Dambulla and Trincomalee from here. The best way to travel around Polonnaruwa itself is by hired bicycle, or car Minneriya Lake Very few sights can compare to that of the first glimpse of this great lake as one rounds the corner of a gravel approach road leading to its bund. The wide expanse of water is bordered by grasslands and woods creeping up the low foothills of the Matale range. Between and AD the waters of the Amban Ganga were diverted and held back by a dam over 38 km in length with a height ranging from 12 to over 27 m. The king who completed this colossal feat was Mahasen, the architect of other great works. The Minneriya lake is now famous for its abundant birdlife and surrounding natural beauty. It is so vast that it was named Parakrama Samudra, which means Sea of Parakrama. The rainwater that collected was drained away by 11 channels which supplied a network of irrigation canals and minor tanks. This great king had also restored 53 tanks in order to increase the supply of rice for his people. Nothing remains of its seven stories now but the massive walls show the spaces which received the floor beams for at least two more floors. It is possible that the remaining floors were made of wood and perished long ago. Once, the roof or ceiling of the main hall of 50 interconnected rooms, was supported by 30 columns. The large pavilion has exquisite carvings with elaborate elephant friezes and columns. If you look closer you will notice that each elephant has a different pose. Splendid sculptures of guardian lions sit at the top of the steps, their paws touching an ancient inscription. It was here that the great king held council with his ministers. Royal Bathing Pool This still remains in the corner of the palace grounds. A stone chamber lies at one end but in the centre of the Pool is a huge stone lotus with superb rampant lions at the corners. Vatadage This round relic house is one of the oldest monuments in Polonnaruwa and also contains superb carvings. However, there were later additions like the florid makara balustrade. There are two circular terraces, one above the other with upper one having four entrances. The guardstones at the base of the steps leading to these show exceptional stonework. The four sets of steps lead to four statues of the seated Buddha in the dagoba.

Unfortunately, the roof and most of the central dagoba is missing, but you can see what it must have looked like from a detailed scale model in the new museum. Thuparamaya The Thuparamaya is one of the best preserved image houses and one of the best examples of a gedige, a uniquely Singhalese architectural style which reached its height at Polonnaruwa. Though the smallest, it is the only gedige in Polonnaruwa still covered by its roof. The brick walls were extremely thick and barrel vaulted and adorned with stucco figures right round. Even the roof was domed and trussed and the strong Hindu influence can be seen clearly. Inside there are still several Buddha statues in place. This is best seen in the intricately carved columns representing lotus buds on top of scrolled stalks. A latticed fence in stone surrounds a small dagoba with a circle of columns. It is the only surviving structure dating back to this reign. Unfortunately only ornate columns which earlier supported a wooden roof and a Buddha statue remain. Hatadage House of Seven Relics Similar to the Atadage in name, design and purpose, the Hatadage was probably built after it. The 9m long slab has inscriptions recording the virtues and deeds of King Nissanka Malla, including the information that part of the Mihintale mountain is now missing as this 25 tonne hillside was dragged km from there, expressly for the purpose. Usually this kind of writing was done on traditional ola leaf manuscripts, but the conceited king wanted to ensure that his virtues would not be forgotten. Satmahal Prasadaya Seven Storied Edifice Archaeologists are puzzled by this building, influenced by obviously oriental architecture, probably Cambodian. Six storeys rise one above the other like a stepped pyramid. A niche in each face of the floors once held figures of which now only remnants remain. The topmost storey is missing. The excellence of the stonework is especially noteworthy. Unfortunately the domed roof collapsed long ago, but some excellent bronzes that were recovered during excavation work are now in the Polonnaruwa Museum. Royal Baths Ancient royalty took their baths seriously and architecturally, this aspect of life was not neglected. Water was channelled to this group of square and round pools by underground conduits from the adjacent tank for this major pleasure. Mausoleum This stone, windowless crypt was also built by Nissanka Malla. Though badly neglected, a little plaster work is still intact showing some colour. The columns in the Council Chamber are inscribed with the names of the ministers forming the council, according to royal protocol, providing valuable historical information. A life sized Buddha statue discovered here is thought to have been of the Amaravathi School of Art. This 12th century kovil was built during the period when Chola invaders first built a settlement here. Because it was built exclusively of stone, it has survived perfectly. The huge 12th century dagoba rises to 55 m in height and is the 4th biggest after the three giants in Anuradhapura. Lankatillaka The soaring walls of this image house reaches 16 m and still show bas-relief work on the outside showing what the buildings looked like at the time. Unfortunately, the domed roof of this gedige has not survived the centuries. There is a huge headless Buddha image and superb murals within this still impressive structure. When the overgrown vegetation was cleared from the building, the original lime plaster was found intact, years after it was applied. The ruins of a few small structures lie around it. The Hall still contains the official seat of the Abbot and there is a handsome raised platform mandapaya with some beautifully carved pillars. Part of this collection is the Gal Vihara with its world renowned statues. There are four figures of the Buddha carved out of a small cliff face of granite, which are considered to be the best rock sculptures in the island. The earliest is the standing Buddha, 7m tall and considered the finest. The others were added later by Parakramabahu. There is a seated Buddha against a background relief and another smaller seated figure inside a rock cut chapel. The largest figure is the 14m reclining Buddha, which is truly eternal peace carved in living stone. Such was the tender, loving skill of the unknown sculptor that every detail was beautifully carved, even the bolster yields to the serene head. Demala Maha Seya A little further north is a massive mound, which would have been the largest dagoba in the world at m high if completed. The small dagoba is a later addition. All the masonry was made by Pandyan prisoners of war, hence its name Great Tamil Dagoba. Tivanka Image House This shrine, with its splendid classical paintings, is all that is left of the Jetavana Monastery, once part of a complex of buildings yet to be excavated. Skirting the outside wall are delightfully humorous freizes of pot bellied dwarves and all are unique. Some are leering, grimacing or chatting with their neighbours, while they appear to support the whole building. Lotus Pond One of eight beautiful baths that Parakramabahu created this certainly must have been one of the prettiest. Eight concentric granite tiers of lotus petals form this unusual bath for the Jetavana

monks, nearly 8 m in diameter. Statue Close to the Pothgul Vihara is a gigantic 12th Century statue of great artistic skill. The stately but reverent sarong clad figure is carved out of a wall of rock, holding a manuscript. It is popularly thought to represent Parakramabahu I, but could also be the great Indian sage Agastaya. February 23, no comments Polonnaruwa.

### Chapter 5 : Polonnaruwa and around - Rough Guides | Rough Guides

*Polonnaruwa is one of the ancient capitals of Sri Lanka and part of the Cultural Triangle of Sri Lanka.. The second most ancient of Sri Lanka's kingdoms, Polonnaruwa was first declared the capital city by King Vijayabahu I in the 11th century AD and maintained its status until the 13th century.*

### Chapter 6 : Polonnaruwa - Travel Guide to Polonnaruwa, Sri Lanka

*Polonnaruwa lies km northeast of Colombo, kms northeast of Kandy and kms southeast of Anuradhapura. Sri Lanka's medieval capital (11th - 12th Century AD) is a well-preserved city of ancient dagobas, moonstones, beautiful parks, massive buildings and stunningly beautiful statues.*

### Chapter 7 : Private Local Guides & Guided Tours in Polonnaruwa | tourHQ

*Guide to Polonnaruwa [Abeyratna Banda Abeysinghe] on racedaydvl.com \*FREE\* shipping on qualifying offers.*

### Chapter 8 : The ancient city of Polonnaruwa - Rough Guides | Rough Guides

*The great ruined capital of POLONNARUWA is one of the undisputed highlights of the Cultural Triangle - and indeed the whole island. The heyday of the city, in the twelfth century, represented one of the high watermarks of early Sri Lankan civilization. The Chola invaders from South India had been.*

### Chapter 9 : Polonnaruwa " Travel guide at Wikivoyage

*Around Polonnaruwa: You can stay in the vicinity of Polonnaruwa for a day or two and keep yourself entertained. There is a gorgeous lake close by. There is a gorgeous lake close by. In addition to the archeological site you can spend the day swimming, enjoying a meal by the water, or observing local people bathing (not in a creepy way).*