

EXPLORE!

Highlights of Sri Lanka + Maldive Dhoni Cruise

14 days

Sri Lanka - Trip code SLHM



Highlights of Sri Lanka + Maldive Dhoni Cruise

Join us on this tour exploring the highlights of Sri Lanka and the Maldives. From searching for wild leopard and elephants in Willpaththu National Park to exploring the country's Buddhist temples at Mihintale and Dambulla. We stop in Kandy to visit the revered Temple of the Tooth before relaxing on the pristine beaches of the south coast. We then cruise among the remote atolls of the idyllic Maldives, aboard a traditional dhoni. We eat and sleep aboard the boat as we sail between the unspoilt palm-fringed tropical islands of South Male, Felidhoo and Meemu. Along our way, we visit small fishing village communities and stop to swim or snorkel at beautiful coral reefs.

Trip highlights

- ★ **Willpaththu National Park** - Take a jeep safari to search for leopards, elephants and sambar deer
- ★ **Sigiriya** - View the colourful painted frescos on the climb up to King Kasyapa's ancient sky fortress set on the top of Lion's Rock, a UNESCO World Heritage Site
- ★ **Dambulla** - Explore incredible painted cave temples and share a meal with a local family
- ★ **Kandy** - Explore the Temple of the Tooth
- ★ **Trincomalee** - Relax on the pristine beaches of the east coast
- ★ **Seven - day cruise** - Relax on board a traditional dhoni boat, with all meals included and freshly prepared by the boat crew
- ★ **Uninhabited islands and pristine beaches** - Visit unspoilt, idyllic corners of the Maldives, far away from the tourist resorts
- ★ **Remarkable snorkelling and swimming** - Enjoy warm, clear water and spot manta rays, turtles and clown fish on spectacular reefs

★ **Traditional fishing villages** - Spend time with the local people to gain an appreciation of their life in this tropical paradise

★ **Impressive barbeque banquet** - Prepared by the boat crew on a sublime white-sand beach

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:

Moderate

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

GROUP SIZE:

12 - 18

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join tour in Negombo

Our tour begins this afternoon in the coastal town of Negombo, famous for its fishing industry and golden sands. Our hotel is just a 15 minute drive north of the airport. From its beach location, we are likely to see fishing boats bring in the day's catch. We may also be treated to a stunning sunset over the ocean.



Accommodation: Catamaran Beach Hotel (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

DAY 2 - In search of leopards in Willpaththu National Park

Leaving Negombo we travel north following the coastal road via the small towns of Chilaw and Putalam before reaching the

entrance to Willpaththu National Park. Here we will leave our bus and change to jeeps for an afternoon safari through the park hoping to spot Sri Lanka's most elusive resident, the leopard. Despite Willpaththu National Park's location in Sri Lanka's dry zone, it boasts nearly 60 lakes and is renowned for leopard, elephant and sambar deer sightings. We choose to visit this park, rather than Yala National Park further south because we believe it offers our customers a better experience. The same animals can be seen here as in Yala, however it is less crowded, making our visit more enjoyable and responsible. Leaving the park, we drive to nearby Anuradapura, where we will spend the night.



Accommodation: The Lakeside Nuwarawewa (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 3 - Explore cave temples en route to the coast

We start this morning with a visit to the mountain peak of Mihintale. It is believed that this was the site of a momentous meeting between the monk Mahinda and King Devanampiyatissa, introducing Buddhism to the country. Exploring Mihintale involves climbing a flight of 1,840 shallow stone steps leading to the summit of the Missaka Mountain. There are excellent views from the top looking back to Anuradhapura. After the exertions we board our bus and drive to Trincomalee on the east coast of the island. We visit the Koneswaram Temple, which dates back to the 3rd century BC and the ornate design is similar to that of the coloured carved temples of Madurai in South India. After exploring the temple we make our way to the beach and the rest of the day is free to relax.



Accommodation: Pigeon Island Resort (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 4 - Free time to explore Trincomalee

Today is left free for you to relax on the beaches of Trincomalee. The waters on the east coast are particularly calm and shallow, in some areas you can walk almost 100 metres in to the sea with the water only being waist height. Alternatively you could take a short tuk tuk ride in to the town and explore the fort area, built in 1623 by the Portuguese and then captured by the Dutch less than twenty years later.



Accommodation: Pigeon Island Resort (or similar)



Standard Hotel



Swimming pool available



Single room available

DAY 5 - Explore cave temples and take lunch with the locals

Today we leave the coast and head inland. We swap our bus for a bullock cart and make our way slowly through a small village on the outskirts of Habarana. After this rather relaxing ride we change seats again and use dugout canoe style boats - adapted with seats for a more comfortable ride! - to cross the short distance across the lake to Hiriwaduna Village where we are met by the villagers and treated to a traditional Sri Lankan lunch. We can watch as delicious curries and fluffy rice are prepared and try out creating a traditional spicy sambar. After sharing the meal and spending time in the village we make our way to Sigiriya, stopping on the way to visit Dambulla, where a great series of caves have been turned into temples dating from the 1st century BC. This World Heritage Site still attracts scores of worshippers. We will visit five separate caves, which contain a large number of Buddha images and sculptures of Hindu Gods.



Accommodation: Acme Hotel (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast & Lunch

DAY 6 - Climb Lion's Rock at sunrise. Drive to Kandy

An early start this morning as we plan to climb Sigiriya Rock ahead of the crowds and whilst it is cool. The ruins of this 5th century 'Sky Fortress' are one of Sri Lanka's major attractions, a stupendous sight to behold and a feat of consummate engineering skill. Built in just seven years as a fortified palace to protect the reign of merciless King Kassapa, who had assassinated his father and deposed his brother, it is seen as one of the world's best preserved examples of ancient urban planning. Unfortunately for the king, despite its impregnable reputation, he was defeated here by his brother after a reign of just 18 years. A switchback series of steps and steel stairways ascend to the top. Halfway up, tucked beneath a sheltering overhang of rock, are the famous frescoes - the Sigiriya Damsels, their colours still glowing. Before our final ascent to the summit, we pass between a set of enormous lion paws carved out of the rock - all that remain of an ancient gateway that gave Sigiriya, the 'Lion Rock', its name. Once at the 200 meter summit, magnificent views can be enjoyed of the surrounding jungle and countryside. This afternoon, a two-hour drive takes us to Kandy. On arrival the time is free to explore this historic town. Perhaps visit the Temple of the Tooth, situated on the shore of the lake or take a short tuk tuk ride out to the Peradeniya Botanical Gardens which alongside beautiful displays of Sri Lanka's finest flowers is home to thousands of flying foxes.



Accommodation: Hotel Hill Top (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 7 - Fly to Male

After breakfast this morning we drive to Colombo Airport where we take the short flight to Male, the capital of the Maldives. After meeting up with our Explore representative and the rest of the group we walk to our hotel close to the harbour in Male. The

circumference of the island is little more than 5 kilometers so it's very easy to explore on foot. After freshening up at the hotel we will walk down to the Mosque, to the fish market and along the waters edge to watch the ferries coming and going. Please note that from January to early April 2017 Colombo airport will be closed for several hours during the day. This means that we will be flying in the early evening, arriving around 19.30, and will miss the short walk in Male. However, there will still be time to enjoy an evening meal and meet up with the rest of the group on your first night in the Maldives.



Accommodation: Mookai Hotel (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 8 - Sail to Vavuu Atoll and explore Kuda Anbaraa Island

This morning we walk to the waterfront to meet our moored dhoni and crew. We take our breakfast on the boat and then begin cruising south for two to three hours, passing through the Vaadhoo Canal to the South Male Atoll - a smaller and quieter neighbour to the more developed North Male Atoll. Here, many of the islands are inhabited simply by vegetation and white sand, surrounded by clear turquoise water and reef. Heading further south we cruise to the Vavuu Atoll, where we spend time exploring the uninhabited and picturesque islands of Kudiboli and Kuda Anbaraa. When exploring this and other islands in the itinerary, it isn't necessary to bring special footwear. Most customers seem to manage well in flip-flops, and these have the obvious advantage of being quick to get on and off - ideal for walking through sand. Our afternoon is spent snorkelling or relaxing on board. Over the course of the week, underwater fauna we are likely to see include green turtles, reef sharks and gigantic manta rays, as well as smaller sting rays and eagle rays. At each stop, we will also swim among a rainbow of small, colourful fish, including the famous Clown Fish. Our knowledgeable Explore representative will be able to help identify many of the underwater species that we come across. Today, and each day, afternoon tea with freshly baked cake will be served by our talented chef. Every meal is included on the dhoni. Menus are likely to include freshly-caught fish each day, as well curries and pasta. Drinking water, tea and coffee are readily available, with alcoholic and soft drinks available for purchase on-board. US Dollars are accepted on the Dhoni and you can pay your bill for drinks at the end of your cruise. Our cabins are compact, but with plenty of room for two people and luggage. However, many customers choose to enjoy the tranquillity of sleeping under the stars on deck for at least some of the nights.



Accommodation: Aboard Dhoni (or similar)



Simple Boat



Meals Provided: Breakfast, Lunch & Dinner

DAY 9 - Snorkel in the clear waters of the Meemu Atoll

Today we sail south for a further two to three hours, crossing to Meemu Atoll - home to one of the longest stretches of reef in the Maldives. On this or other crossings, we may be lucky enough to be chased by spinner dolphins, who like jumping in our wake. We are also likely to see flying fish, sometimes leaping right over the deck of our dhoni. Meemu Atoll is made up of 34 islands, of which 25 are uninhabited. Some of the inhabited ones grow yams, and all of them are largely dependent on fishing. Here more than anywhere, we are likely to experience the true Maldivian way of life. Shortly after entering the atoll, we arrive at Fenboa Finolhu - another beautiful uninhabited island where we aim to base ourselves for the night. We will have plenty of time to enjoy the white-sand beach and to snorkel on the reef. This evening, we can look forward to a barbeque beach banquet in an idyllic spot on the island, laid on by the dhoni crew.



Accommodation: Aboard Dhoni (or similar)



Simple Boat

DAY 10 - Cruise to Dhiggaru Island for a Bodu Beru display

After a relaxed start, we head east to the inhabited island of Dhiggaru. Here, we drop our anchor by a particularly good snorkelling reef. Later in the afternoon, when it has cooled down a bit, we plan to go ashore to meet the island's inhabitants. We may be struck by the traditional, yet relaxed, way of life in the island's lively village. Very few tourist groups visit and we must remember to dress and act respectfully, removing our shoes when visiting a house or a mosque. In the evening, we hope to be invited to a performance of Bodu Beru (Big Drum) - the traditional folk music of the country.



Accommodation: Aboard Dhoni (or similar)



Simple Boat

DAY 11 - Visit the traditional village of Felidhoo

Today, we head back to Felidhoo Atoll and its administrative centre, Felidhoo. With a population of about 400, this is the least populated of all the country's administrative centres. Again, we take time to visit the village and have the opportunity to enjoy another Bodu Beru performance.



Accommodation: Aboard Dhoni (or similar)



Simple Boat

DAY 12 - Discover Hulhidhoo reef before sailing to Fulidhoo

By now, we are likely to be feeling completely relaxed, as our routine of reading, sunbathing and napping between island stops and snorkelling spots has become second nature. With a subtly different name to our previous day's stop-off, we break today's journey with a visit to Fulidhoo Island. Once again, we meet the locals and gain more of an appreciation of their life in this tropical paradise. After a further visit to the island of Hulhidhoo, we anchor by a large reef, where we can spend time snorkelling.



Accommodation: Aboard Dhoni (or similar)



Simple Boat

DAY 13 - Sail to Male stopping to snorkel at Embudhoo Reef

Our last full day on the boat sees us cruising back towards Male. We take the opportunity for some final snorkelling and swimming, before enjoying a farewell meal with our boat crew.



Accommodation: Aboard Dhoni (or similar)



Simple Boat



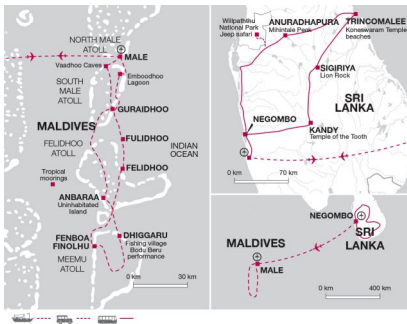
Meals Provided: Breakfast, Lunch & Dinner

DAY 14 - Tour ends in Male

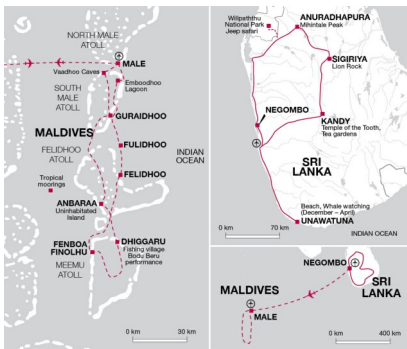
Our tour ends this morning after breakfast. Once we have said our goodbyes to the crew, we disembark the dhoni and are transferred to Male International Airport.



Meals Provided: Breakfast



East Coast Itinerary



West Coast Itinerary

Why book this trip

This tour provides the opportunity to see the fascinating highlights of Sri Lanka before spending a week cruising around the idyllic Maldives on a traditional Dhoni. You'll see wildlife, ancient ruins and bustling local life before a relaxing week of snorkelling, swimming and visiting traditional fishing villages to meet the locals.

What's included?



Included meals

Breakfast: 13
Lunch: 7
Dinner: 6



Transport

Bus
4WD



Trip staff

Explore Tour Leader
Driver(s)
Naturalist(s)



Accommodation

6 nights simple boat
7 nights standard hotel

Trip information

Country information

Sri Lanka Holidays & Tours

Climate

Year round high temperatures in coastal regions: Colombo averages 27°C. It is much cooler in the hills with Kandy averaging 20°C and Nuwara Eliya down to 16°C. Springlike temperatures in the hill country, but chilly evenings. Two monsoon periods: Apr-Sep when rain is confined to the southwest; and Oct-Mar when it falls in the northeast.

Time difference to GMT

+6

Plugs

3 Pin Round

Religion

Buddhism

Language

Sinhala, Tamil

Budgeting and packing

Optional activities

Kandy - Cultural show - £5.00 Temple of the Tooth - £8.00 Botanical Gardens, Kandy - £8.00

Clothing

Sri Lanka: Select your clothes carefully, bearing in mind that the climate is tropical and that upland areas are cooler and more temperate. Lightweight rainwear is also essential, and warmer clothing for the highland walks and chilly night temperatures in the mountains. When visiting religious sites you will need to dress respectfully by covering you knees and shoulders, plus taking off your shoes and hats. You may like to wear socks for temple visits as the ground can get very hot and burn the soles of your feet. You will need to bring long trousers, or buy a sarong locally. Maldives: Only lightweight clothing is needed. Local people in Male and in villages on the islands find western styles of dress extremely offensive. Brief shorts, tight fitting clothing etc. should be avoided by

both men and women. A sarong and something to cover the head (for women) is recommended. Don't forget swimming gear and clothes to protect you from the sun including a wide brimmed hat. You may consider wearing a Tshirt whilst snorkelling to avoid bad sunburn on the back and shoulders.

Footwear

Lightweight shoes and sandals.

Luggage

20kg

Luggage: On tour

One main piece of baggage and a daypack. We recommend a soft bag such as a rucksack or holdall as whilst on the Dhoni Cruise your luggage needs to fit underneath your bed in the cabin. Remember, hotel porters are not always available, so don't overload yourself.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow £50 for tipping (£25 in Sri Lanka and £25 in the Maldives). Your tour leader will account to you for any organised tipping.

Country Information

Sri Lanka Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£6.00

Dinner price

£9.00

Beer price

£3.50

Water price

£1.00

Foreign Exchange

Local currency

Sri Lankan Rupee.

Recommended Currency For Exchange

US\$ and UK£ are equally good

Where To Exchange

In most major towns.

ATM Availability

Yes, usually in major towns.

Credit Card Acceptance

Credit cards can usually be used in most large shops and restaurants. Please note that Foreign Office advice warns about the problem of credit card fraud in Sri Lanka so please consider this when deciding if to pay by card while on tour.

Travellers Cheques

Are not easy to change and where they can be changed the exchange rates can be poor.

Transport, Accommodation & Meals

Transport Information

Bus, 4WD

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Traditional Sri Lankan cuisine is excellent, and although it can be very spicy there are many dishes that feature cooling coconut milk or have a spicy sambhar on the side to allow you to adjust the meal to your taste. There isn't a culture of eating out in Sri Lanka, most locals will eat at home, and as such there are very few restaurants around, and those that exist tend to be in hotels. As tourism develops a few independent restaurants are beginning to appear, mainly in Colombo but also in Kandy, Galle and in the coastal resorts. During the tour we will endeavour to eat out at local restaurants wherever possible but for many nights, at this point in time, the hotel restaurants are the only option available. Maldives We work with a local operator who owns a number of different Dhonis; all of which are different sizes with different layouts. The boats we are most likely to be using are 6-10 berth Dhonis and we will either use one or two boats depending on the group size and make-up. All Dhonis that we use are fitted with diesel engines, which are used most of the time that we are travelling. Some of the boats still have sails but these are used very infrequently. All Dhonis are inspected annually in order to retain their license. They carry enough lifejackets for all clients and crew plus buoyancy aids and a dinghy with small outboard engine. All boats have a CB radio, and for most of the voyage the boat is in mobile phone range of the islands. Full fire fighting equipment is also carried on every boat. There will be a minimum of 4 or 5 crew on board including the captain and cook - depending on the number of people on the boat. Most of the cabins offer couchette accommodation on a twin share basis with all bedding provided. The cabins are small and simple but adequate for sleeping and changing. In most of the cabins there will be bunk beds and so the person on the top will need to be prepared to climb up to their bed. Facilities are shared, and each boat has 3 or 4 toilets and 2 or 3 showers on board. There are plugs available in each cabin with electricity available when the boats generator is running (when the boat is moving or the crew are cooking meals) so it is possible to charge cameras and phones during the tour. Good quality snorkelling equipment including mask, snorkel, flippers and swim noodles are provided (we will ask for your shoe/flipper size before you travel!). You are free to bring your own equipment should you wish. No scuba diving equipment will be carried on board. All meals and a bottle of drinking water each day are provided on board the Dhonis. There is a bar for any additional soft and alcoholic drinks you may wish to buy, a dining area and a sundeck to relax and sunbathe throughout the day. It should be noted that it is not permitted for tourists to bring alcohol in to the country and it will be confiscated at the airport if you attempt to do so. People requiring a gluten free diet may struggle a little in the Maldives. Breakfasts are often mashuni - a tuna and coconut combination which is served with roti style bread or a more western start to the day with eggs and toast. Most lunches and dinners will have a pasta element and during the afternoons the boat crew will often bake a cake. Whilst plenty of fresh veg, meat and fruit is also provided if you do follow a gluten free diet you may wish to take some snacks with you to supplement the diet on board the dhoni.

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click here.

For more information from Explore about travel advice, click here

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Maldives: Citizens of the UK, Australia, New Zealand, US and Canada are given a free 30 day permit on arrival. Other nationalities should consult the relevant consulate. **Sri Lanka:** All foreign nationals who intend to visit Sri Lanka for a short stay of up to six months must apply for travel authorization online prior to travel to the country. If your return flight requires you to transit in Sri Lanka then you will not be required to obtain a second Sri Lankan visa if your transit time is less than 48hrs. To obtain an Electronic Travel Authorisation (ETA) you must visit <http://www.eta.gov.lk> to apply for it prior to travel. It is strongly recommended that you print and bring a copy of the ETA approval notice with you. The Sri Lankan authorities require that your passport must be valid for at least 6 months after departure from Sri Lanka.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Sri Lanka Holidays & Tours

Vaccinations

Nothing compulsory, but we recommend protection against malaria, tetanus, typhoid, hepatitis A plus Polio and diptheria. Consult your travel clinic for latest advice on different prophylaxis available against malaria. We strongly recommend the wearing long sleeved shirts and the liberal application of insect repellents containing DEET as a precautionary measure to avoid being bitten by mosquitoes. These precautions should be taken at all times as the mosquitoes are also active during daylight hours. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.
