

EXPLORE!

BEST SELLER

Sri Lanka and Maldives Family Adventure

15 days

Maldives, Sri Lanka - Trip code FSL



Sri Lanka and Maldives Family Adventure

This exciting journey across Sri Lanka and the Maldives is the ultimate family holiday destination! We explore dense jungles, discover Buddhist relics and enjoy a fun-filled few days on a traditional dhoni cruise in the Maldives, offering the chance to swim and snorkel in the crystal clear waters of the Indian Ocean. Animal safaris, tractor tours, nature trails, cookery lessons and exploring ancient temple sites on mountain bikes are all part of the adventure in this tropical paradise known as Buddha's Island.

Trip highlights

- ★ **Maldives** - cruise around the islands with crystal clear waters
- ★ **Polonnaruwa** - Explore this deserted ancient city and see the huge reclining Buddha
- ★ **Sigiriya** - climb to the top of Lions Rock for incredible views
- ★ **Wildlife** - search for groups of wild elephants, buffalo and leopard in Minnerriya Kaudulla National Park
- ★ **Anamaduwa** - stay in a 'mud-house' eco-lodge with kayaking, cycling and nature trails all included

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 Negombo

Check-in at our hotel in Negombo (situated close to Colombo airport). The afternoon is free to relax after the flight.



Accommodation: Catamaran Beach Hotel (or similar)



Standard Hotel



Swimming pool available



Meals Provided: None

DAY 2 - Drive to Anamaduwa and stay in a Mud House

After breakfast in Negombo, we drive to Anamaduwa in time for lunch. Our accommodation today is an eco-friendly Mud House which is a unique property where accommodation is in a series of well designed huts - all have outdoor showers, indoor bathrooms, a dining and lounge area and hammocks where you can relax. There is no electricity on site thus lighting is provided by candles and lanterns. When arriving at the Mudhouse, we have a walking tour of the property and farm area, have lunch and then cycle to Paramakanda Temple in the afternoon which is a rocky outcrop with spectacular 360 degree views of the surrounding area before returning for dinner at The Mud House.



Accommodation: The Mud House (or similar)



Standard Hut



Meals Provided: Breakfast, Lunch & Dinner

DAY 3 - Activities at the Mud House

We spend the whole day at the Mud House with the opportunity to participate in a range of activities including bird watching before breakfast to view the 100 species of migratory and endemic birds that reside in the area, kayaking and swimming at Uriyawa (which we get to by either cycle or tuk tuk), a cooking lesson after lunch and then time to relax in a hammock or enjoy the numerous nature trails that have been designed to explore the various different habitats in and around the surrounding area. One trail identifies the different species of trees and plants along the pathway and looks in more depth at the overall concept and landscaping on the area. Dinner is by the campfire this evening where you can reminisce about the day's events.



Accommodation: The Mud House (or similar)



Standard Hut



Meals Provided: Breakfast, Lunch & Dinner

DAY 4 - Travel by tuk-tuk, try a canoe ride and have a cooking lesson before travelling onto Giritale

Boarding our minibus, we drive inland to Habarana where we take a short tuk-tuk and bullock cart ride to a nearby village. We then board our canoes and visit a local farm and return back to the village to meet a local family for lunch and a cooking demonstration. We continue to Giritale after our adventure.



Accommodation: Deer Park Hotel (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast & Lunch

DAY 5 - In Giritale; explore the nearby countryside and villages

In the morning we use the most common and versatile mode of transport used by the villagers of nearby farming communities, a 'Land Master' (a two wheeled tractor with a trailer). We visit a nearby village to experience the day to day life of a typical rural Sri Lankan. This afternoon, we explore the ancient city of Polonnaruwa by bike (with the option to travel in our bus). The site has many interesting and spectacular buildings and monuments including the Royal Palace Group with its audience hall, bathing pool and quadrangle which is a very compact collection of ruins. Close by is the Circular Relic House, a curious round structure with a beautifully preserved 'moonstone' carved at the foot of a flight of steps. Another famous feature of the deserted city is the group of carved images of the Buddha known as Galvihara. Here there are four colossal figures, all of which are hewn out of solid granite. The Reclining Buddha is no less than 14m long!



Accommodation: Deer Park Hotel (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 6 - Drive to Sigiriya; visit Sky Fortress

We drive to Sigiriya for a morning climb up to the Sky Fortress. The ruins of this 5th century fortress are one of Sri Lanka's major attractions, a stupendous sight to behold and a feat of consummate engineering skill. A switchback series of steps (sometimes very steep) ascends to the top. Halfway up, tucked beneath a sheltering overhang of rock, are the famous frescoes - the Sigiriya Damsels, their colours still glowing. Magnificent views can be enjoyed from the summit of the rock palace (200m high). On our descent we board the bus for a short drive to Giritale. In the afternoon we visit nearby Minneriya or Kaudulla National park where we take a jeep safari on the look-out for wild elephants in their natural habitat.



Accommodation: Deer Park Hotel (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 7 - Drive to Kandy via the botanical gardens at Peradeniya. Walking tour of lake side town of Kandy

Leaving Giritale in the morning we drive to Kandy via Peradeniya which is located just outside the city. We wander through the lush Royal Botanical Gardens which boasts more than 4000 species of plants, including orchids, medicinal plants and palm trees. Afterwards, we travel by rickshaws to the University complex before joining our tour leader for a walking tour of Kandy which will include visiting the town's narrow streets lined with old buildings and colourful and interesting markets. You may wish to continue shopping at the Kandyan Art Association's workshops, which has plenty of brassware, batik, lacquer work and other craft items which make excellent souvenirs or presents. The town was captured by the British in 1815, and is known more for its cultural and spiritual importance rather than its history. Buddhists from all over the world come to this delightful old highland town specifically to visit the Temple of the Tooth, the Dalada Maligawa. We transfer to our hotel located just outside the city centre.



Accommodation: Hotel Hill Top (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast & Dinner

DAY 8 - Visit a tea factory in Nuwara Eliya and catch a train to Bandarawela

This morning we head off across the highlands visiting a working tea factory en-route to the hill station of Nuwara Eliya. We take a look around this little town, known as 'Little England', which is famous for its lake, golf and race course and well-manicured gardens. We then take a train through the mountains and around green rolling hills covered in tea plantations arriving in the late afternoon at the bustling market town of Bandarawela.



Accommodation: Bandarawela Hotel (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 9 - Visit Elephant sanctuary and game drive in Udawalawe National Park

We journey to the lowlands, offering fantastic views of the plains and the mountains above us, to Belihuloya which is a picturesque hamlet situated about 160km east of Colombo. The area experiences a specific climate linking the wet and dry zones with the hill country and the low country, all combining to make this an area of the country with a wide range of bio-diversity. We explore the surrounding villages on foot (a very easy walk), travelling through paddy fields and down to the nearby lake. On return to Belihuloya we may have time to bathe in the natural rock pool and have lunch. This is a unique place where the Belihuloya and Galagamaoya streams meet which creates a natural swimming area with clear unpolluted water. We leave in the early afternoon and drive to our camp on the Eastern border of the Udawalawe National Park stopping on the way to visit the orphaned elephants at the Elephant Transit Home. Designated a national park in 1972, Udawalawe covers some 31,800 hectares and is surrounded by mountains, a mix of rolling grasslands, teak plantations, rainforest and scrub. Renowned for its large herd of elephants (this is in fact one of the best places in Sri Lanka to see them), the park is also home to deer, wild boar, buffalo, jackal and even the odd leopard. The resident bird population is also second to none, including a magnificent collection of birds of prey, chief amongst them being the impressive white bellied sea eagle. This afternoon we will drive into the National Park to take a game drive by jeep. Whilst it cannot be guaranteed, we hope to see some of the animals which can be found here including, of course, elephants. We finish off the day with a relaxing BBQ and campfire under the stars.



Accommodation: Athgira River Camp (or similar)



Standard Tented Camp



Swimming pool available



Meals Provided: Breakfast, Lunch & Dinner

DAY 10 - Visit Turtle Hatchery; drive to Hikkaduwa

Today we drive along the scenic southern coastal road until arriving at Galle. Here we explore an ancient Dutch Fort, which is a World Heritage site, complete with its well preserved ramparts that were built during the 1800s. We then proceed to Hikkaduwa where we stop for the night. In the evening we will visit a turtle hatchery in nearby Kosgoda to see the breeding process of the endangered sea turtles. It may be possible to even release some little baby turtles in to the sea. If you are lucky you might get a chance to see the mother turtles coming on to the beach to lay eggs later in the evening. Our hotel is located on the beach in Hikkaduwa, which is famous for its marine sanctuary, and if we're lucky we may get to see turtles and other marine life just off the beach.



Accommodation: Coral Rock by Bansai (Formerly Bansai by Hotel J) (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 11 - Fly to the Maldives and join our Dhoni cruise boat

Today we leave Sri Lanka and drive back to Negombo for an early afternoon flight to the Maldives. Transferring to our traditional Dhoni boat, we will travel along the remote atolls of the Maldives for the next four days. After settling into the cabins, the crew goes through the safety brief before cruising for a few hours to Gulhi, an island in the South Male Atoll. Dinner is served on-board.



Accommodation: Aboard boat (or similar)



Simple Boat



Meals Provided: Breakfast & Dinner

DAY 12 - Cruise to Kudhi Boli, snorkel and visit to local school

The boat departs early in the morning to cruise for a few hours to Kudhi Boli with a traditional Maldivian breakfast being served on-board. Kudhi Boli literally means small shells and is famed for its very beautiful reef with a small strip of beach emerging with each low tide. We then take our first snorkelling lesson in the clear turquoise waters with the chance to view the marine life of the Maldives or you can sunbath and relax on the white sandy beaches of the island. The rest of the day is free to relax and enjoy with a light lunch being served on board. We visit the Island of Fulidhoo this afternoon where we have a tour and call in on a school which gives the opportunity to meet the local children. Dinner is served on-board and we are entertained tonight by locals who perform on the famous Boduberu (traditional big drums).



Accommodation: Aboard boat (or similar)



Simple Boat



Meals Provided: Breakfast, Lunch & Dinner

DAY 13 - Cruise to Rihiveli, cooking lesson and beach BBQ

After breakfast we cruise to Rihiveli with the chance to prepare a traditional Maldivian dish taught by the boat cook. Further snorkelling opportunities are available throughout the day over the beautiful coral reefs and we also have time on the beach. Lunch is on-board our boat with further time in the afternoon for more snorkelling, swimming, fishing or to become acquainted with some local board games. The day will end with a wonderful beach barbecue if weather permits.



Accommodation: Aboard boat (or similar)



Simple Boat



Meals Provided: Breakfast, Lunch & Dinner

DAY 14 - Cruise to Hullhu Male with visits to Male's markets

We cruise to Villingili this morning where we get the chance to swim and snorkel. Lunch is served on board with a visit to the capital, Male, in the afternoon including a stop at the fish market, fruit and vegetable market and museum before heading back to the boat where dinner is served. We anchor tonight close by at Hullhu Male.



Accommodation: Aboard Boat (or similar)



Simple Boat



Meals Provided: Breakfast, Lunch & Dinner

DAY 15 - Tour ends in Male

Our tour ends this morning after breakfast.



Meals Provided: Breakfast

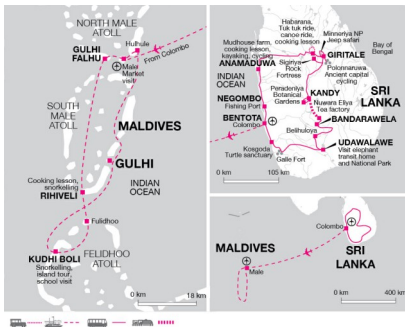
Family Information

Triple Rooms

This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

Minimum age

7



Why book this trip

This holiday is for families who want to enjoy cultural highlights of a country and sail around another !. Our time in Sri Lanka includes staying in a 'mud hut' eco-lodge, exploring ancient cities, climbing Lions Rock and viewing wildlife which is complemented by a cruise around the Maldives with swimming and snorkelling opportunities. A wonderful and exciting adventure for all the family.

What's included?



Included meals

Breakfast: 14
Lunch: 7
Dinner: 8



Transport

Bus
4WD
Bicycle
Boat
Flight
Rickshaw
Train
Tuk Tuk



Trip staff

Explore Tour Leader
Boat Crew
Driver(s)
Local Guide(s)



Accommodation

4 nights simple boat
7 nights standard hotel
2 nights standard hut
1 nights standard tented camp

Trip information

Country information

Maldives Holidays & Tours

Climate

Day time temperatures are remarkably consistent throughout the year ranging from 30°C to 32°C dropping to between 25°C and 26°C at night. Although rain is heaviest in June, July and August, heavy rain can fall at any time of year - even in February and March when statistically only 50mm usually falls during those months combined. The south-west monsoon lasts from May to November and not only brings the rains but also stronger winds and storms, although the transitional periods of early May and late November are supposed to be calm with exceptionally clear water.

Time difference to GMT

+5

Plugs

3 Pin Flat

Religion

Islam

Language

Dhivehi, English

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. Diving can be available for around \$100 in Alimatha or Dhiggiri which is in the Vaavu Atoll, and in Fun Island, Rihivel or Fihalhohi resort in the South Male Atoll

Clothing

Select your clothes carefully, bearing in mind that the climate in Sri Lanka 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. Local people in Male and in villages on the islands find western styles of dress offensive. Brief shorts, tight fitting clothing etc. should be avoided by both men and women. When visiting religious sites you will need to dress respectfully by covering your knees and shoulders, and taking off your shoes and hats. (You may benefit from taking along a pair of socks for

temple visits as the ground can get very hot!). You will need to bring long trousers, or buy a sarong locally.

Footwear

Lightweight shoes and sandals

Luggage

20kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

A water bottle and a torch. Whilst camping all bed linen is supplied on our overnight camp - there is no need to bring any extra equipment or sleeping bags. You may like to bring your own snorkel and mask although they will be provided on the Dhonis. Bring a torch. Also high factor sun protection and a hat. We recommend Factor 30 plus for snorkelling as the water intensifies the sun's strength. Both bath and beach towels are provided on the Dhoni.

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

In this area, tipping is a recognised part of life. Although Explore pays most gratuities for the smooth operation of the tour, some local staff will still look to members of the group for personal recognition of particular services provided. Accordingly, you should allow £35 for tipping. Your tour leader will account to you for any organised tipping.

Country Information

Maldives 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

£7.50

Dinner price

£12.00

Beer price

£3.50

Water price

£1.70

Foreign Exchange

Local currency

Rufiyaa.

Recommended Currency For Exchange

US Dollars are widely accepted in the Maldives and are the best currency for exchange.

ATM Availability

No Access

Credit Card Acceptance

Not accepted

Travellers Cheques

Not accepted

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, Bicycle, Boat, Flight, Rickshaw, Train, Tuk Tuk

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.

Standard - Our 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. There are normally two Dhoni cruise boats that travel together on this tour with a capacity of around ten per boat. The cabins have either double or bunk beds and there are a number of toilets with showers on board. There is a bar and dining room with a sundeck to relax and sunbath throughout the day plus a TV and DVD player on board. Provided equipment includes; snorkelling gear, fishing equipment, various board games, life jackets and first aid kit. 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 sambar 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.

Family swimming

Some of the hotels have pools and there are plenty of opportunities when on the dhoni sailing boat in the Maldives

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

Sri Lanka: All foreign nationals who intend to visit Sri Lanka for a short stay of up to six months, including transit passengers, must apply for travel authorization online prior to travel to the country. 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. 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. You should confirm all visa related issues with the relevant Embassy prior to departure.

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.

Non refundable permits

Maldives Holidays & Tours

Vaccinations

Nothing compulsory, but we recommend protection against malaria, typhoid, tetanus, infectious hepatitis & polio. Travellers may wish to immunise themselves against meningitis. Please consult your travel clinic for latest advice on different prophylaxis available against malaria. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. 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.

Sri Lanka Holidays & Tours

Vaccinations

Nothing compulsory, but we recommend protection against malaria, tetanus, typhoid, hepatitis A plus Polio and diphtheria. 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.
