

# EXPLORE!

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## Highlights of Sri Lanka + Maldiv Dhoni Cruise

SRI LANKA - TRIP CODE SLHM

DISCOVERY

### Why book this trip?

Experience the cultural highlights of Sri Lanka and combine it with a week snorkelling and relaxing in the Maldives. Spending a week in each, this trip gives a flavour of Sri Lanka's culture, wildlife and history as well as cruising remote atolls through turquoise waters in the Maldives.

- **Sri Lanka's culture** - Walk around ancient kingdoms, see Buddhist temples and visit the revered 'temple of the tooth'
- **Sri Lanka's wildlife** - Search for wildlife including leopards, elephants and sloth bears in Wilpattu National Park
- **Dhoni Cruise** - Cruise through the Maldives visiting remote fishing villages and snorkelling in idyllic surroundings looking for marine life

13/08/2021 12:44:45



**INCLUDED MEALS**  
Breakfast: 13  
Lunch: 8  
Dinner: 7



**TRIP STAFF**  
Explore Tour  
Leader  
Driver(s)  
Naturalist(s)



**TRANSPORT**  
Bus  
4WD



**ACCOMMODATION**  
6 nights simple boat  
7 nights  
comfortable hotel



**TRIP PACE:**  
Moderate



**GROUP SIZE:**  
12 - 18

## Itinerary

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

### DAY 1 - Join trip in Negombo

Arrive in Negombo, the famous coastal town famous for its fishing industry and golden sands. This relaxing beach resort is a short distance from Sri Lanka's capital city, and is the perfect place to spot locals bringing in the day's catch and watch the sunset.

For those arriving on time our Leader plans to meet you in the hotel reception at 6pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no other activities planned today, so you are free to arrive in Negombo at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Colombo's Bandaranaike International Airport (CMB), which is 40 minutes' drive from our hotel. Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up.

If your flight arrives earlier in the day there is the option to head to the beach or make use of the hotel facilities which features a swimming pool and gardens overlooking the Indian Ocean.



**ACCOMMODATION:**  
Beacon Beach Hotel (or similar)

**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

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## DAY 2 - In search of leopards in Wilpattu National Park

Leaving Negombo we travel north following the coastal road via the small towns of Chilaw and Putalam before reaching the entrance to Wilpattu 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 Wilpattu 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 and despite being busy in places it is overall less crowded, making our visit more enjoyable and responsible. It is also worth noting that wildlife is unpredictable and therefore sightings cannot be guaranteed. Leaving the park, we drive to nearby Anuradhapura, where we will spend the night.



ACCOMMODATION:  
Lakeside at Nuwarawewa (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Explore cave temples and take lunch with the locals

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 swap our bus for a bullock cart and make our way slowly through a small village on the outskirts of Habarana. Reaching the lake 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. Here we will enjoy various different curries and fluffy rice and after our 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)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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#### **DAY 4 - 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:  
Queens Hotel Kandy (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 5 - Learn about Sri Lanka's tea en route to Unawatuna

Leaving Kandy behind we stop at a tea factory to learn about the processes involved in Sri Lanka's largest export. Originally a tea bush was brought from China in 1842 to be planted at the Peradeniya Botanical Gardens, it was 25 years later that James Taylor established Sri Lanka's first tea plantation, the Loolecondera Estate in Kandy. These days more than one million people in Sri Lanka are employed by the tea industry. The tea factory we visit is a small and intimate one and therefore does not include seeing the process of picking the tea leaves but we do see the process of drying and grinding the leaves and we sample some of the blends before leaving tea country. Making our way back to the coast our destination is Unawatuna on the south west coast. The shallow waters and long, pristine beaches make it perfect for a spot of relaxing.



ACCOMMODATION:  
Calamander Unawatuna Beach Resort (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 6 - Free time to explore Galle or whale watching (seasonal)

Today is left free to do as little or as much as you wish. A short tuk tuk ride can take you to visit the neighbouring pretty coastal town of Galle. An important trading centre since ancient times, the fortifications that can be seen today were built by the Portuguese and then the Dutch from the 16th to the 17th centuries. The fort ramparts of this World Heritage Site protect the harbour and a myriad of fascinating old houses, churches and warehouses. Today, the town has a strong arts vibe, with foreign and local artists, writers, photographers, designers and poets drawing inspiration from their surrounds. Boutique shops and cafes around the town showcase their work. There is plenty to explore in the town and enjoyment can be gained simply by wandering around its streets, soaking up its unique atmosphere. For those seeking pure relaxation, local Ayurvedic massages with natural, aromatic herbal oils are highly recommended. Alternatively, between the months of December and April, you might prefer to go on a whale watching trip in the hope of spotting humpback and blue whales.



### ACCOMMODATION:

Calamander Unawatuna Beach Resort (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## 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. We'll take a short walk to the waterfront where we board our dhoni boat, our home for the next week. After some time to settle in dinner will be served on the deck as the sun sets.



### ACCOMMODATION:

Mookai Hotel (or similar)



Grade: Comfortable Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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

We take our breakfast as we begin cruising south, 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 local guide 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)



Grade: Simple Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **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)



**Grade: Simple Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **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)



**Grade: Simple Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **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)



Grade: Simple Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **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)



Grade: Simple Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 13 - Sail to Male stopping to snorkel at Embudhoo Ree**

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)



Grade: Simple Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 14 - Trip ends in Male

The trip ends after breakfast on our dhoni in Male.

There are no activities planned today, so you are free to depart from Male at any time. If your flight is departing later in the day, luggage storage facilities are available on the dhoni. If you would like to receive a complimentary airport transfer today, you need to depart from Male International Airport (MLE).



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Climate and country information

#### Sri Lanka

##### 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	Plugs	Religion	Language
+6	3 Pin Round	Buddhism	Sinhala, Tamil

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### Budgeting and packing

#### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Kandy - Cultural show - £5.00

Temple of the Tooth - £8.00

Botanical Gardens, Kandy - £8.00

Whale watching - £40.00

## 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.

## Equipment

## 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.

## Sri Lanka

### 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.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£6.00	£9.00	£3.50	£1.00

## Foreign Exchange

<b>Local currency</b>	<b>Recommended Currency For Exchange</b>	<b>Where To Exchange</b>
Sri Lankan Rupee.	US\$ and UK£ are equally good	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.

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## Transport, Accommodation & Meals

### Transport Information

Bus, 4WD

### Accommodation notes

Accommodation in Sri Lanka can be varied and on our trips we stay in a mix of hotels, heritage properties, camp sites and homestays. Standards do not equate to standards in the UK and it's best to approach each type of accommodation with an open mind. Service can be slow in places especially when travelling with a group. Hot water is not always available 24 hours a day in some of the smaller properties, and with a group staying you might find if you are showering last you may miss out on the hottest water.

In the 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 when 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 boat's 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 is carried on board.

## Food and drink

### Sri Lanka

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.

### Maldives

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.

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## Essential Information

### Government Travel Safety 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 citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry.

Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

### **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.

### **Price Guarantee**

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 and Passport 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.

All UK, EU, US, Australian, New Zealand and Canadian nationals can obtain an Electronic Travel Authorisation (ETA) for a fee of 35USD. To do so you must visit <http://www.eta.gov.lk> and 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.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

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.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

### **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 receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

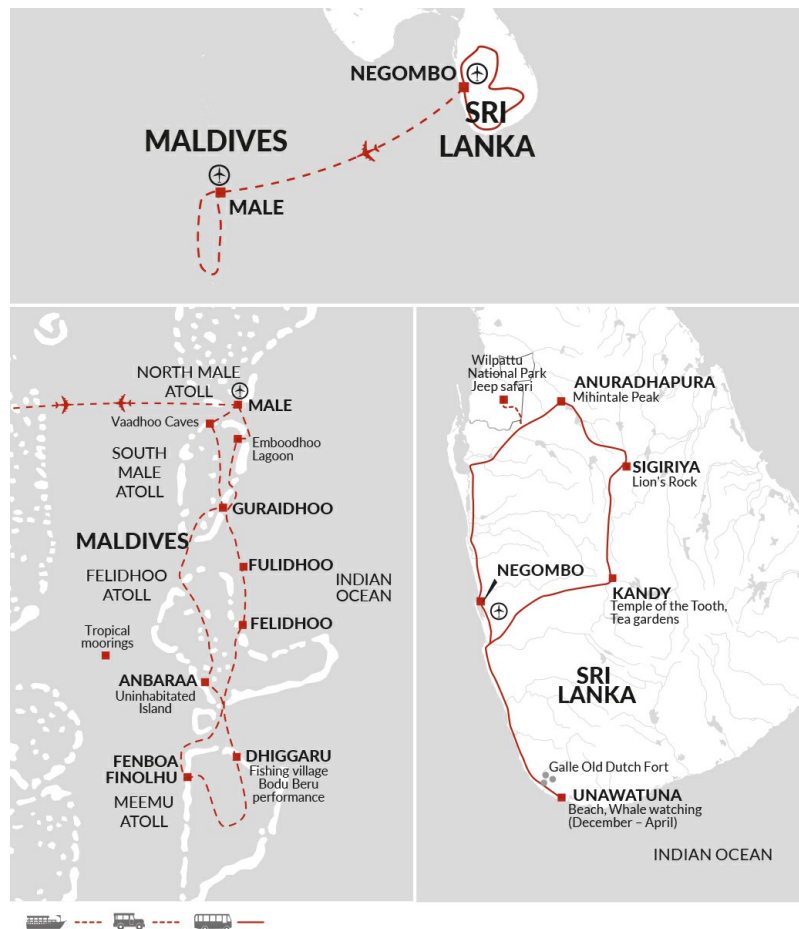
## Sri Lanka

### 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. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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### Additional Information



*East Coast Itinerary*



# Reviews

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**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**