

# EXPLORE!

Coronavirus updates



## North Sri Lanka Explorer

SRI LANKA - TRIP CODE NSL

DISCOVERY

### Why book this trip?

This journey to the North of Sri Lanka takes the train to the town of Jaffna, heavily influenced by Tamil culture. As well as visiting Hindu temples, we spend some time camping on a remote beach, seeing the cultural heart of the country and snorkelling in clear waters off the country's East Coast.

- **Jaffna** - See the city at the heart of Tamil culture in Sri Lanka, including colonial buildings, Hindu Nallur Temple and outdoor hot springs
- **Trincomalee** - Search for blue whales off the coast and go snorkelling in paradisiacal Pigeon Island
- **Mannar** - Cross the causeway over to Mannar Island and see an abandoned Dutch Fort and camp under the starry sky



**INCLUDED MEALS**  
Breakfast: 14  
Dinner: 3



**TRIP STAFF**  
Explore Tour  
Leader  
Boat Crew  
Driver(s)  
Local Guide(s)  
Naturalist(s)



**TRANSPORT**  
Bus  
4WD  
Boat  
Train



**ACCOMMODATION**  
1 nights  
comfortable  
camping  
13 nights  
comfortable hotel



**TRIP PACE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

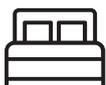
Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### 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 30 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:**  
Hotel J (or similar)

**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE

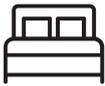


MEALS PROVIDED: NONE

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## DAY 2 - Search for leopards and elephants in Willpattu National Park

We drive northwards along the coast and through the small towns of Chilaw and Putalam. We are heading for the uncrowded Willpattu National Park which boasts nearly 60 lakes and is renowned for leopard, elephant and sambar deer sightings. Our afternoon is spent exploring the park in four-wheel drive vehicles before retiring to our campsite for an al-fresco dinner and a night under canvas. Our tents have raised bed, mattress, pillows, and bed linen ensuring a comfortable night as we fall asleep to the sounds of the park.



ACCOMMODATION:

Big Game Safari Camp Wilpattu (or similar)

Grade: Comfortable Camping



SINGLE ROOM AVAILABLE



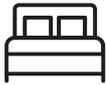
MEALS PROVIDED: BREAKFAST & DINNER

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## DAY 3 - Coastal drive and cross a causeway to Mannar Island

Today we head for the beautiful island of Mannar which is connected to the mainland by a causeway. On the way we visit the huge 2300-year-old site of Thanthirimale and its spectacular reclining Buddha statue, some 14 metres in length and painstakingly carved on the side of a huge rock. We'll also explore caves filled with pre-historic paintings and ancient inscriptions in the Brahmi and Linhala languages dating from the 3rd century BC, and we'll visit the famous Madhu Shrine. An important place of pilgrimage for Catholics, the shrine is home to a Madonna-and-child statue brought to the site in 1670 by Catholics fleeing persecution by Dutch Protestants. The diminutive figure has a reputation for miracles and is said to be particularly effective in protecting against snakebites.

Once we cross the causeway on to Mannar Island we'll head along the western coastline of white sands, seeking out coastal ruins from the colonial period including the Doric Bungalow and Arippu Fort, reminders of Dutch, British and Portuguese interest in an area famous for its pearls.



**ACCOMMODATION:**

The Palmyrah House (or similar)



**Grade: Comfortable Hotel**



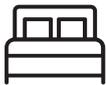
**MEALS PROVIDED: BREAKFAST & DINNER**

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#### **DAY 4 - Visit local fishing communities and evening barbecue under the stars**

This morning we'll get the chance to interact with the island's fisherfolk going about their daily activities. We'll see family members contributing to the cleaning and mending of nets, watch the fishing boats bringing in their catch, and discover the abundant bird life around the area.

In the afternoon we will visit the old Talaimannar Pier and the 12 metre long graves which legend says belong to Adam and Eve. Later we'll take in Mannar Fort, St Lucia's Church, and Thiruketheeswaram Kovil temple, before taking a walk along Urumalai beach where vast sand banks for the tip of the island, separating the 'male' and 'female' seas, before enjoying a barbecue dinner on the beach.



**ACCOMMODATION:**

The Palmyrah House (or similar)



**Grade: Comfortable Hotel**



**MEALS PROVIDED: BREAKFAST & DINNER**

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#### **DAY 5 - Take the train to Jaffna via Elephant Pass**

After breakfast we drive to Vavuniya to catch the train to Jaffna. The train journey provides a great opportunity to mix with the local as we pass through beautiful countryside and stop of at small village stations. We' arrive in to Jaffna via the Elephant pass, a small strip of land that connects the peninsula to the rest of the island and is known as the 'gateway to Jaffna'. We'll arrive in to the bustling northern city around mid-afternoon and take a short walk to our hotel.



**ACCOMMODATION:**

Jetwing Jaffna (or similar)



## Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 6 - Explore Delft and Nagadeepa Islands by boat and on foot**

An early start this morning as we take a short boat ride to the remote and wind-swept island of Delft. Although inhabited, it has a deserted feel to it and once we get away from the port area we are as likely to see the wild Delft ponies as we are the island's people. The shallow waters surrounding the island are famously turquoise and the sands are almost white. There is a small Dutch Fort made of coral and a 'growing' rock to explore. In the afternoon we move on to Nagadeepa Island, an important place of pilgrimage for both Hindus and Buddhists. The latter revere the Rajayathana stupa built at the place where the Buddha intervened between two warring kings during his second visit to Sri Lanka. The former visit the Naga Pooshani Amman Kovil Temple, dedicated to the goddess Meenakshi, a consort of Shiva and said to help women conceive.



ACCOMMODATION:  
Jetwing Jaffna (or similar)



## Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



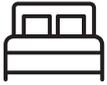
MEALS PROVIDED: BREAKFAST

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### **DAY 7 - Bathe in Jaffna's natural springs and visit the Nallur Temple**

Our exploration of Jaffna begins with a visit to Keerimalai natural springs where legend has it the mythical sage 'Nagula Muni', born with the face of a mongoose, meditated and bathed in the springs to turn his face in to a human one. The waters have a high mineral content and locals believe they have many health benefits. In Jaffna itself we will visit the ancient Buddhist burial site of Kantharodai and Jaffna Fort. Built in 1618 when the Portuguese took the city, the fort's impressive walls are largely intact and still form an impregnable barrier to anyone trying to enter the harbour. We'll also visit Nallur temple, the largest and most important Hindu temple in the area, venturing inside to learn about Hindu worshiping practices. Finally we'll wander around the colourful Jaffna Market where local food and handicrafts are

available to be bartered for and bought. We'll depart feeling we have a real insight into the north of Sri Lanka and its Tamil culture.



ACCOMMODATION:  
Jetwing Jaffna (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE

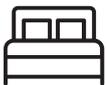


MEALS PROVIDED: BREAKFAST

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### DAY 8 - Train to Anuradhapura and explore ancient ruins

Leaving Jaffna on the early morning train we alight at Anuradhapura, an ancient capital famous for its well-preserved ruins and a UNESCO World Heritage Site. Founded around 500 BC, it is one of the oldest continually inhabited cities in the world. Anuradhapura's golden age began in around 260 BC when the king converted to Buddhism and the city began a rapid expansion. Hospitals, hostels and artificial reservoirs were built and the city soon spread to cover several miles. We'll get a sense of its former grandeur as we discover the 2,200 year-old sacred Bo-Tree; the Brazen Palace, once a nine storey residence for monks; and the 4th century Smadhi Buddha masterpiece and the Ruvanvalisaya Dagoba - a 90 metre-high dome-shaped shrine towering over the surrounding countryside.



ACCOMMODATION:  
Lakeside at Nuwarawewa (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE

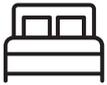


MEALS PROVIDED: BREAKFAST

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## DAY 9 - Walk the pilgrim route to the top of Mihintale. Drive to Trincomalee

This morning we travel to the mountain peak of Mihintale, the site of the momentous meeting between the monk Mahinda and King Devanampiyatissa, which resulted in the introduction of Buddhism to the country. Reaching the summit involves climbing a flight of 1840 shallow stone steps, but the stunning views from the top are well worth the effort. In the afternoon we drive to Trincomalee. Set in a beautiful location this east coast town straddles a narrow peninsular between the Indian Ocean and one of the largest natural harbours in the world. We'll explore the town on foot and enjoy its charming mix of sleepy backstreets, colonial villas, mosques, churches and temples.



ACCOMMODATION:  
Pigeon Island Resort (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 10 - Snorkelling off Pigeon Island and Blue whale spotting from Koneswaram Temple

Just off the coast of Trincomalee, a short boat ride will take us to Pigeon Island, famed for its powdery white sands and coral gardens. The reef here is very shallow, making snorkelling very rewarding with dozens of corals, a multitude of reef fish, black tip reef sharks and turtles all likely sightings. After exploring the underwater world, we discover what Trincomalee has to offer on land, including the old town, Kanniya Hot wells, Marble Beach and Koneswaram Temple. The area is famously one of the few places in the world where Blue whales and Sperm whales can sometimes be spotted from land and the Koneswaram Temple is a particularly good vantage point; binoculars are recommended. Whale watching cruises may also be possible on a Navy boat however there is no regular schedule. Your trip Leader will offer you this option if it is available during your visit.



ACCOMMODATION:  
Pigeon Island Resort (or similar)

## Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 11 - Visit the world famous cave temple at Dambulla

The World Heritage Site of Dambulla is our first stop today. Thought to have been a place of worship since 1st century BC, when King Valagamba took refuge here, the interior of the caves are carved into magnificent rock temples. We will visit five separate caves, which contain a large number of Buddha images and sculptures of Hindu Gods. In the late afternoon we visit Minneriya or Kaudulla National Park depending on which one has had the best sightings according to the local rangers. Next door to each other, both parks are renowned for their gatherings of elephants in the dry season and should offer a good opportunity to view wild elephants in large numbers. The parks are also home to a large array of birdlife, including painted storks.



ACCOMMODATION:  
Hotel Sudu Araliya (or similar)

## Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 12 - Discover Lion's Rock and ancient Polonnaruwa

This morning we have two options to choose from. We can climb the famous Lion's Rock or nearby Pidurangala. Lion's Rock is a 'sky fortress' dating to the 5th century and one of Sri Lanka's major attractions; our early start ensures we beat the crowds and make the climb before it gets too hot. Built in just seven years as a fortified palace to protect the reign of merciless King Kassapa, it is seen as one of the world's best-preserved examples of ancient urban planning. 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 vibrant. Once at the 200 metre summit, magnificent views can be enjoyed of the surrounding jungle and countryside.

The lesser visited Pidurangala involves a short climb up steep steps to the 10th Century Royal Cave Temple and large reclining Buddha. From here the summit is reached via a rough path and the reward is a stunning vista of the surrounding countryside and a perfect view of Lion's Rock.

In the afternoon we explore the ancient city of Polonnaruwa. The city reached its height of glory in the 12th century and still maintains many of its spectacular buildings and monuments. Arguably the most impressive is the Quadrangle, a superbly decorated circular shrine which is one of the most ornate buildings and the former home of the tooth of Buddha relic. Another famous feature of this deserted city is the group of carved images of the Buddha, known as Galvihara. These four colossal figures are all hewn out of solid granite and the Reclining Buddha alone a massive 14 metres long.



ACCOMMODATION:  
Hotel Sudu Araliya (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 13 - Drive to Kandy and discover the sacred Temple of the Tooth**

Sitting on a plateau 500 metres above sea level and 112km northeast of Colombo, Kandy is, in climatic and cultural terms, a world apart from Colombo. Serving as the capital of the last Sinhalese kingdom until falling to the British in 1815, it is a place of cultural and spiritual importance. Buddhists from all over the world come here specifically to visit the Temple of the Tooth, the Dalada Maligawa. The costly jewelled shrine of the Holy Tooth, said to be Buddha's left canine, is kept in the upper floor of the original building. This relic was brought from India 1,500 years ago and every year, at the time of the August full moon, it is paraded round the town with great pomp and circumstance.

This morning's sight-seeing includes attending the Temple of the Tooth Ceremony and a visit to the

serene Peradeniya Botanical garden. Your afternoon is free to continue your exploration of this delightful old highland town.

In the evening, we hope to have the opportunity to watch a performance by the famous Kandyan dancers, admiring their impressive costumes and graceful dances, accompanied by a thundering drum beat.



ACCOMMODATION:  
Queens Hotel Kandy (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## **DAY 14 - Take a walking tour through colonial Colombo**

We head to Colombo for an afternoon exploring Sri Lanka's capital city. We'll visit Wolfendhal Church, the oldest in Colombo with a name that reminds us of a time when wild beasts roamed the area, and Captain's Garden Hindu Temple which is famous for its constant live music and the beautiful painted images and statues on the ceiling. We'll wander round the 'fort' area, now the business district, whose buildings are like a slice through Colombo's colonial history and visit the Pettah neighborhood, famous for its bustling open air bazaars and markets. Finally, as the sun sets, we'll enjoy afternoon tea at the famous Galleface hotel which overlooks Galleface Green, a popular haunt with locals out for an evening stroll.



ACCOMMODATION:  
Colombo City Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 15 - Trip ends in Colombo**

The trip ends after breakfast at our hotel in Colombo.

There are no activities planned today, so you are free to depart from Colombo at any time. If your flight is departing later in the day luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Colombo's Bandaranaike International Airport (CMB), which is one hours' drive from our hotel.



MEALS PROVIDED: BREAKFAST

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## **Trip information**

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### **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.

<b>Time difference to GMT</b>	<b>Plugs</b>	<b>Religion</b>	<b>Language</b>
+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.

Sigiriya - Lion's Rock \$30 per person

## Clothing

You will need loose fitting, comfortable clothes for hot, humid conditions. Sunhat, sunglasses, long trousers and long sleeved shirt are essential for protection from the sun. Lightweight rainwear is also recommended. 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.

## Footwear

Lightweight shoes and sandals.

## Luggage

20kg

## Luggage: On tour

One main piece of baggage and a daysac. Remember, hotel porters are not always available, so don't overload yourself.

## Equipment

A refillable water bottle is recommended. Binoculars are a good idea for whale watching.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Explore 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 approximately £40.

## 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.

Lunch price	Dinner price	Beer price	Water price
£6.00	£9.00	£3.50	£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.

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## Transport, Accommodation & Meals

### Transport Information

Bus, 4WD, Boat, Train

### Food and drink

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.

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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 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.

## 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.

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 now 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.

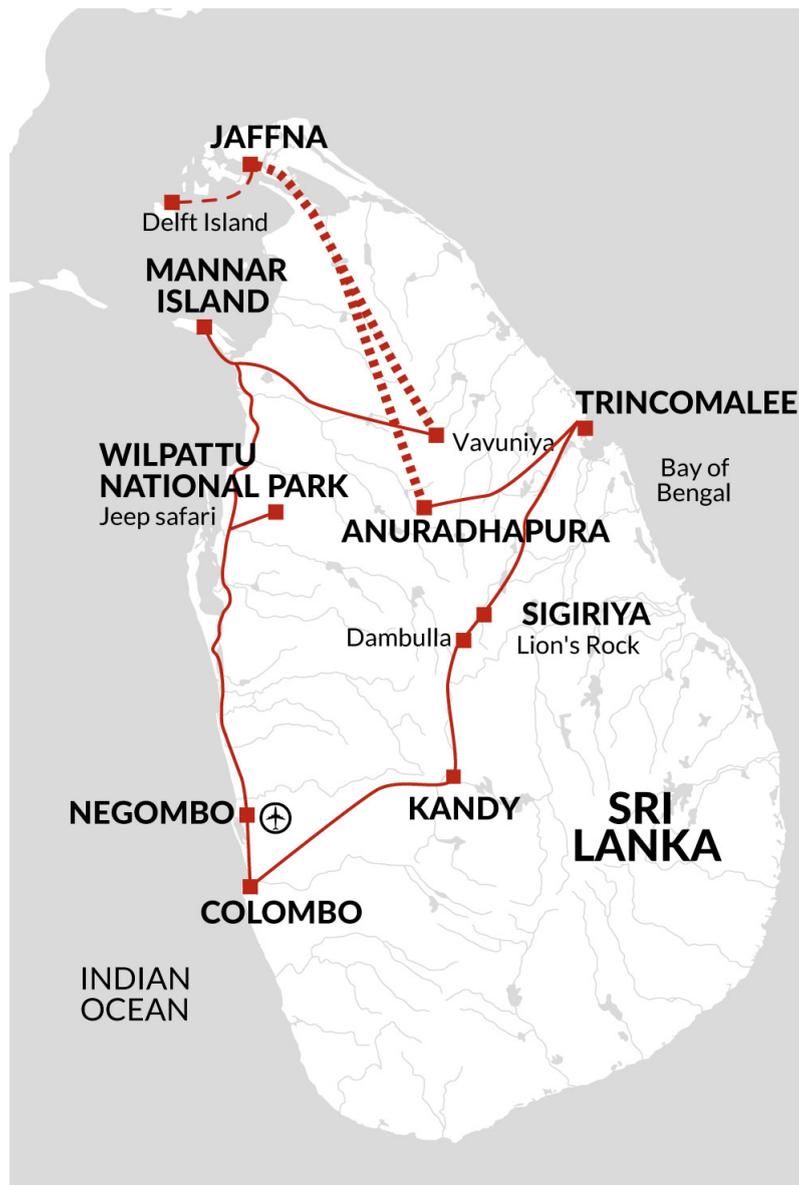
## **Sri Lanka**

### **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

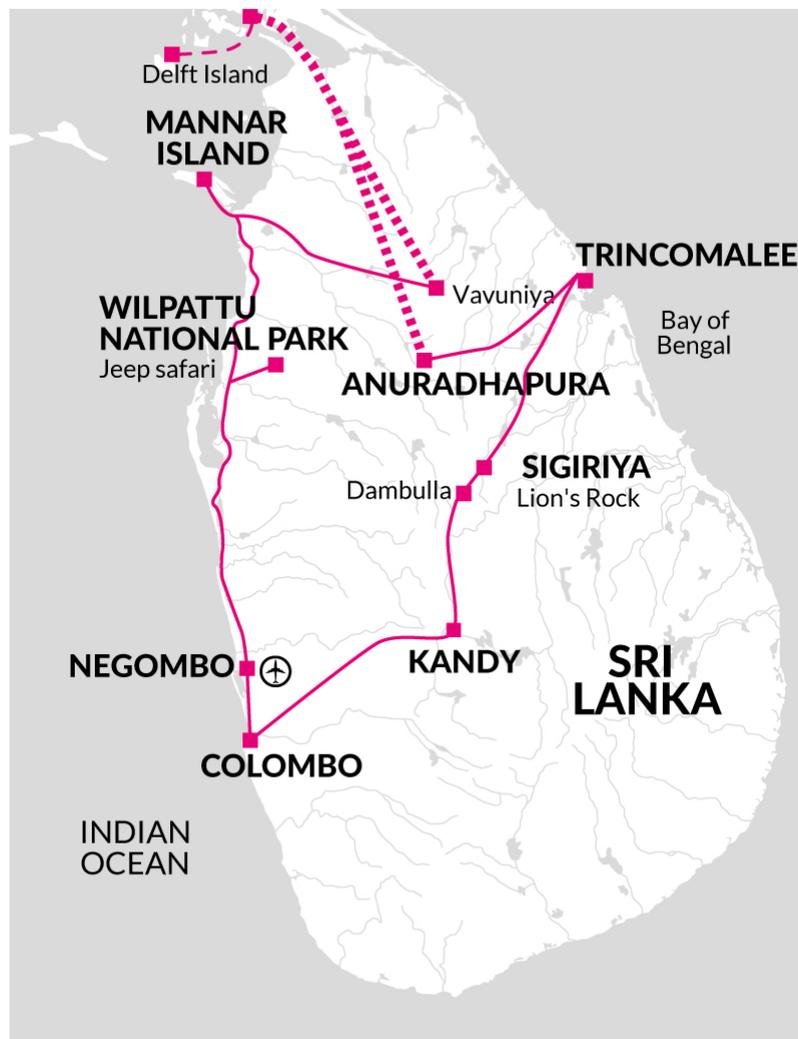
malaria. We strongly recommend the wearing long sleeved shirts and the liberal application of insect repellents containing DEET as a precautionary measure to avoid being bitten by mosquitoes. These precautions should be taken at all times as the mosquitoes are also active during daylight hours. Please 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.

**Additional Information**



2018 Itinerary





2019 Itinerary

## Why book this trip

Northern Sri Lanka has only just opened up after a 30 year civil war. This means that the area has a very raw and unpolished feel to it, and is a different proposition to the much visited south. It also means that travelling there offers a very interesting and authentic experience. Unused to tourists, you'll find the locals friendly and inquisitive, but you'll also find that service can be relaxed and that time can be a somewhat vague concept. There is still a military presence with the occasional checkpoint and some services that you'd expect to be in private hands are run by the army or navy (for example the whale watching boat in Trincomalee). To help our trips operate as smoothly as possible, we use our experienced local partner and Explore leaders from the south of Sri Lanka, assisted by a local agent in the north and local guides where necessary. While an open mind is an advantage, there is no doubt that visiting now is the ideal time as you'll get to see the real Northern Sri Lanka before it starts to change and loses something of its unspoilt charm.

# Reviews

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**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**