

EXPLORE!



Active Sri Lanka!

SRI LANKA - TRIP CODE ASL

MULTI-ACTIVITY

Why book this trip?

Mix adventure and culture in this exploration of Buddha's Island as we cycle through village backroads, trek through verdant highlands and white water raft down the Kelani river. At the same time explore some of the iconic cultural sites including ancient capitals (Polonnaruwa & Anhuradhapura) and Buddhist shrines and temples. Finish the trip by relaxing on one of the country's tropical white sandy beaches.

- **Thrilling activities** - Cycle, hike and raft through beautiful scenery as you interact with local people
- **Adam's Peak** - Hike up Sri Lanka's spiritual mountain during pilgrimage season
- **Wilpattu National Park** - Stay in tented camp accommodation and go on safari in search of leopard and other wildlife



INCLUDED MEALS
 Breakfast: 12
 Lunch: 2
 Dinner: 2



TRIP STAFF
 Explore Tour
 Leader
 Activity Guide(s)
 Driver(s)



TRANSPORT
 Bus
 4WD
 Bicycle
 Boat



ACCOMMODATION
 2 nights standard
 camping
 10 nights standard
 hotel
 1 nights standard
 lodge



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 tour Negombo

Our tour begins this afternoon in the small town of Negombo. Our hotel is set on the beach front offering the chance to watch small fishing boats come ashore and the sun setting over the ocean.



ACCOMMODATION:
 Catamaran Beach Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Morning cycle; jeep safari in Wilpattu National Park

Leaving after breakfast we drive to Giriulla, from where we begin our morning's cycle ride along lush forested back roads to Padeniya. After stopping for lunch we have time to freshen up before swapping the bikes for jeeps and heading in to Wilpattu National Park. Despite the 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 will go on a jeep safari in the hope of spotting the elusive leopard. 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. We camp on the outskirts of the park this evening. Total cycling distance 45kms.



ACCOMMODATION:
Big Game Safari Camp Wilpattu (or similar)

Grade: Standard Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 3 - Explore Dambulla's painted caves en route to Sigiriya

Today we take to our bikes again and cycle to Anaradhapura. We will then drive out to the UNESCO World Heritage Site at Dambulla, where a great series of caves hide an incredible collection of temples that date back to the 1st century BC. Containing a large number of Buddha images, as well as sculptures of Hindu Gods, the caves have become a huge pilgrimage site for countless worshippers, and this afternoon we will visit five separate caves, before returning to Anaradhapura for the evening. Total cycling distance 50km.



ACCOMMODATION:
Kassapa Lions Rock (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Climb Lion Rock before cycling to Polonnaruwa

An early rise this morning takes us to the imposing Lion Rock for the climb to the Sky Fortress before the heat and peak period of the day. The ruins of this 5th century fortress (declared a World Heritage Site in 1982) 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 ascends to the top and half-way up, tucked beneath a sheltering overhang of rock, are the famous Sigiriya Damsels. These frescoes, their ancient colours still glowing, once covered an area of some 140 metres in length and are the only ancient non-religious paintings to have survived into modern times. On arriving at the summit (200m) we are presented with some magnificent views of the surrounding country, as well as the remains of what is left of the palace of King Kassapa.

Returning to the base of the fortress, we then cycle to the ancient city of Polonnaruwa, following a series of relatively straight and flat back roads that provide us with a moderately easy journey that passes through patches of forest, plantations and rural villages. For those that wish it, there is the option to break up part of the 30 km journey to Polonnaruwa by travelling along sections of it by bus.



ACCOMMODATION:
The Lake (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 5 - Search for elephants in Minneriya National Park

Polonnaruwa reached the height of its glory in the 12th century and the city is still blessed with a number of its ancient buildings and monuments. This morning we visit the ancient city, taking in the spectacular ruins of its Royal Palace, with its Audience Hall, Bathing Pool and Quadrangle. 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 Buddha known as Galvihara, a collection of four colossal figures, all hewn out of solid granite.

In the afternoon we visit the nearby Minneriya National Park by jeep, home to spotted deer and significant herds of elephant, as well as huge populations of migratory birds.



ACCOMMODATION:
The Lake (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Trek on the Knuckles range. Drive to Kandy

This morning we drive to Giritale, travelling via Elahera and Pellegama, to a point where the crossover point between east and west Sri Lanka lies. Known as Riverstone Point, this region is home to the Knuckles Mountain Range and offers us a chance to break the journey with a short hike along a trail that runs through the ranges. Resembling a clenched fist (hence their unusual moniker), the mountains present a remarkable microcosm of the country, the striking landscapes and isolated cloud forests providing a haven for a rich diversity of flora and fauna. Our walk will take us around 3 hours, a soft to moderate trek that takes us through a landscape of incredible historic and natural importance. To the south and east lies the Mahaveli Valley, whilst the Matale Valley to the west encircles a collection of peaks that has no equal anywhere else in the country.

Returning to our bus, we then complete the journey to Kandy, descending into the Matale Valley also known as the spice valley of Sri Lanka, to arrive at our hotel late this afternoon. A packed lunch will be provided today, to enjoy en route.



ACCOMMODATION:
Queens Hotel Kandy (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 7 - Free time to explore Kandy

Lying in the mountains, to the northeast of Colombo, Kandy 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, where the costly jewelled shrine of the holy tooth (said to be Buddha's left canine and measuring in at an impressive 3.5 cm long by 1 cm thick) is kept. This relic was believed to have been brought from India some 1,500 years ago and is the major attraction of the town.

With a free day in the city, there will be an opportunity to visit the temple today. Kandy itself is also a living monument to its traditional past being the last capital of the Sinhala Kings. It in fact retains much of its old world charm and its streets are a wonderful eclectic mix of noise and bustle, making it an ideal venue for some personal exploration. You could also take a wander through the lush Royal Botanical Gardens at Peradeniya, located just outside the city, or perhaps explore something of the city's handicraft workshops, which have plenty of brassware, batik, lacquer work and other craft items to choose from. Kandyan dancers can also be seen performing every night at one or two locales around town, so those interested in some cultural interaction tonight might like to venture out and enjoy some traditional Sri Lankan dancing.



ACCOMMODATION:
Queens Hotel Kandy (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Drive to Ginigathhena. Rafting on the Kelani River

Our drive this morning takes us to Ginigathhena, set amongst the fertile and lush western highlands. Set amidst a dramatic landscape of towering cliffs and wild water, the Kelani Ganga provides some of the best whitewater rafting in the country. The jungle around here was used as the back-drop for the 1957 film Bridge on the River Kwai and the grade 2-3 rapids provide us with the perfect combination of scenery and excitement. As we raft down to our accommodation in Kitulgala we cover a 7km section of the river through 8 rapids which will usually take approximately 1.5hr hours to cover (dependant on water levels). Taking lunch en route, we should arrive at our overnight lodge late this afternoon and after a chance to relax and if time permits this evening there will be a chance to join an optional trek across the river and through the jungle to a hidden waterfall.



ACCOMMODATION:
Rafters Retreat (or similar)

Grade: Standard Lodge



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 9 - Morning trek; drive to Nuwara Eliya

This morning we follow a trail through forest to a nearby village before taking the short drive to Nuwara Eliya. Along the way we stop to visit one of the tea plantations which cover the landscape in this region. The afternoon is free to explore Nuwara Eliya known as 'Little England'. Here we will find red telephone boxes, Victorian colonial architecture and pretty rose gardens - legacies from its era as a hill country retreat for homesick Brits and Scots during colonial times. The cool climate provided a sanctuary in which to immerse themselves in familiar pastimes, such as polo, golf and cricket.



ACCOMMODATION:
Windsor Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 10 - Visit Bambarakand Waterfalls en route to Belihuloya

After a short transfer we trek across the plateau of Horton Plains and through tea plantations until we reach Bambarakanda Waterfalls, the highest in Sri Lanka. We take a picnic lunch while at the waterfalls before walking further down the trail to meet our bus. We then drive to our campsite in Belihuloya. Approximately 5 hours walking in total.



ACCOMMODATION:
Kinchigune Camp Site (or similar)



Grade: Standard Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 11 - Cycle through remote villages then drive to Hikkaduwa

We start this morning with a short bus transfer to Kinchigune where we take to our bikes. We follow quiet back roads and pass through small villages. The route covers around 15-20km and takes us about three hours, depending on how many times we stop to chat to the villagers along the way. We meet up with our bus and then drive to the coastal resort of Hikkaduwa. Along the way we have the chance to stop at a Responsible Tourism Partnership project known as The Dickwella Lace Centre, a locally run project that provides income and training for villagers who were badly affected by the 2004 tsunami.



ACCOMMODATION:
Coral Rock by Bansai (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 12 - Free to relax on the beach or visit nearby Galle

The next two days are free to enjoy the laid back ambience and turquoise waters of Sri Lanka's southern coast. Rich in colonial history and golden beaches, the region offers us a wealth of options to enjoy the most of our time here. There are snorkelling trips available, Ayurvedic massages and the possibility to enjoy a whalewatching trip during the migrating season (December to April). You could also pay a visit to the city of Galle and its historic colonial fort, a UNESCO World Heritage Site that remains one of the best preserved examples of colonial fortification in the world.



ACCOMMODATION:
Coral Rock by Bansai (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 13 - Relax on the calm beaches of Hikkaduwa

Day free to continue exploring this area.



ACCOMMODATION:
Coral Rock by Bansai (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 14 - Tour ends at Colombo Airport

After an early breakfast we transfer to Colombo Airport where the tour ends.



MEALS PROVIDED: BREAKFAST

Trip information

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

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 - Botanical Gardens £4.50 Temple of the Tooth £6.00. Cultural Show - £5.00

Clothing

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. You may also find cycling gloves, shorts or trousers useful. When visiting religious sites you will need to dress respectfully by covering you knees and shoulder plus taking off your shoes and hats. You will need to bring long trousers, or buy a sarong locally. Don't forget your swimming costume.

Footwear

Comfortable trekking boots, 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

Binoculars, head torch, insect repellent, sunglasses, sun cream, cycling helmet and a cycling water bottle. You may also wish to bring with you a gel saddle. Whilst in tea country there are leeches and you may wish to take leech socks.

Tipping

Explore leader

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

Local crew

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 £40 for tipping. 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.

Lunch price	Dinner price	Beer price	Water price
£6.00	£9.00	£3.50	£1.00

Foreign Exchange

Local currency	Recommended Currency For Exchange	Where To Exchange
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.

Transport, Accommodation & Meals

Transport Information

Bus, 4WD, Bicycle, Boat

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.

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.

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.

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. To obtain an Electronic Travel Authorisation (ETA) you must visit <http://www.eta.gov.lk> to apply for it prior to travel. It is strongly recommended that you print and bring a copy of the ETA approval notice with you. The Sri Lankan authorities require that your passport must be valid for at least 6 months after departure from Sri Lanka.

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

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.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

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.



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**