

# EXPLORE!

Book with confidence

## Sri Lanka In Depth - Private Tour

SRI LANKA - TRIP CODE PTSL

DISCOVERY

### Why book this trip?

This two week exploration of spiritual Sri Lanka features a mix of ancient cities, rock carvings, gilded Buddhist temples and wildlife-filled national parks. It's a busy trip, but with time to relax both at the beach and in the hills, you'll uncover the 'Pearl of the Indian Ocean' at your own pace.

- **National Parks** - Enjoy a jeep safari in search of leopard, elephant, sambar deer and other wildlife
- **Anuradhapura, Polonnaruwa, Dambulla and Sigiriya** - Wander through ancient capitals, painted cave temples and climb the dramatic 'Sky Fortress'
- **Kandy and the Hill Country** - Explore the 'Temple of the Tooth' and the lush tea plantations in cooler climates.



**INCLUDED MEALS**  
 Breakfast: 14  
 Lunch: 1  
 Dinner: 1



**TRIP STAFF**  
 Driver(s)  
 Local Guide(s)  
 Safari Guide(s)



**TRANSPORT**  
 4WD  
 Car



**ACCOMMODATION**  
 13 nights  
 comfortable hotel  
 1 nights  
 comfortable tented  
 camp



**TRIP PACE:**  
 Moderate

## Itinerary

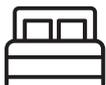
Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Trip begins 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.

You will be met on arrival at Colombo's Bandaranaike International Airport (CMB) by a local driver-guide, and taken to your hotel, approximately a 45 minute drive away. There are no activities planned today, so feel free to arrive in Colombo Airport at any time. For those booking their own flights, you will just need to let us know your flight details no later than three weeks prior to departure, in order to be met on arrival.

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 - Jeep safari in Wilpattu National Park; Drive to Anuradhapura

You'll be with the same guide from start to finish on this trip, so get comfy in the vehicle for your first drive today - three hours north to Wilpattu National Park. En route, visit a nearby fishing village which uses traditional-style outrigger canoes, known as 'oruvas'. Along the way, you may spot the toddy tappers climbing tall coconut trees to collect sap from the flowers. This is used to make Arak - a local whisky-type spirit.

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. Go on a jeep safari this afternoon in the hope of spotting the elusive leopard. We choose to visit this park, rather than the more touristy Yala National Park further south because we believe it offers our customers a better experience. The same animals can be seen here as in Yala, however it is less busy, making our visit a more enjoyable experience for you and avoiding the potential for over-crowding this natural environment. Leaving the park, drive to nearby Anuradapura for the next two nights.



ACCOMMODATION:  
Lakeside at Nuwarawewa (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Full day to explore the ancient citadel and Mihintale

Travel eight miles this morning 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.

Return to the ancient capital in the late morning and join a local guide for an exploration of this UNESCO World Heritage Site, which is famous for its well-preserved ancient ruins. One of the oldest continually

inhabited cities in the world, it was founded around 500 BC. Its golden age began around 260BC, when the King and his people converted to Buddhism. The city became vast, spreading over many miles. There were hospitals for the sick, hostels for travellers and artificial reservoirs to ensure a good water supply.

Of great interest are the 2,200 year-old Sacred Bo-Tree; the Brazen Palace, once a nine storey residence for monks; 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



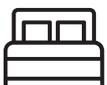
MEALS PROVIDED: BREAKFAST

#### **DAY 4 - Visit Dambulla's cave temples en route to Giritale**

Travelling towards Giritale this normally 2.5 hour drive will take most of the day, as you take several important stops en route. First, pause to view the magnificent Standing Buddha of Aukana, which stands 12 metres high. Sculptured in the 5th century by a master craftsman, it is still relatively isolated in its jungle setting.

The next stop is 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. With a local guide, visit five separate caves, which contain a large number of Buddha images and a few sculptures of Hindu Gods.

From here, drive 30 minutes to the small village of Hiriwaduna. Tuk tuks are the transport of choice here, and you'll switch out your car for a tuk tuk ride to the community's vegetable garden. Walk around and help the villagers select a choice of homegrown vegetables, which will all go into preparing your traditional Sri Lankan lunch. Watch as delicious curries and fluffy rice are prepared and try out creating a traditional spicy sambar. After sharing the meal, there is a chance to take a serene canoe ride on the village lake. From here, depart on the road once again for Giritale - your base from which to explore Polonnaruwa



**ACCOMMODATION:**

Giritale Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### **DAY 5 - Visit Polonnaruwa and drive to Sigiriya**

This morning, explore the ancient city of Polonnaruwa, which reached its height of glory in the 12th century when it was a thriving commercial and religious centre. The city still maintains many of its spectacular buildings and monuments, with arguably the most impressive being the Quadrangle. This sacred precinct originally housed the tooth relic. It contains a superbly decorated circular shrine which is one of the most ornate buildings in the country. The neighbouring audience hall and bathing pool are also worth a visit. Close by, the curious round structure of the Circular Relic House has a beautifully preserved moonstone carved at the foot of a flight of steps. 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 is no less than 14 metres long.

Continue to Sigiriya, and in the afternoon have the option (not included) to take a jeep safari in either Minneriya or Kadawla National Park, where in search for herds of wild elephant. Your guide will be able to advise you of the likelihood of good elephant sightings at the time you are in the area. The parks are also home to a large array of birdlife, including painted storks.



ACCOMMODATION:  
Kassapa Lions Rock (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

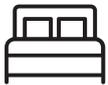
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## DAY 6 - In Sigiriya; drive to Kandy

An early start this morning 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 the final ascent to the summit, 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, take the two-hour drive to Kandy.



ACCOMMODATION:  
Queens Hotel Kandy (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 7 - Discover the 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, you may 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 8 - Drive through the Hill Country to Nuwara Eliya

This morning, set off on a journey into the heart of the Hill Country. This magnificent region of Sri Lanka is an important tea growing area. Plantations stretch over rolling hills for as far as the eye can see, interspersed with the occasional tea-making factory. The plan is to visit Glenloch tea plantation to learn about the process of picking the leaves and creating the perfect cuppa, before continuing to Nuwara Eliya.

Known as 'Little England', here you 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. The cool climate provided a sanctuary in which to immerse themselves in familiar pastimes, such as polo, golf, cricket and fox hunting.



ACCOMMODATION:  
Windsor Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE





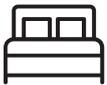
MEALS PROVIDED: BREAKFAST

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### DAY 9 - Take a walk on Horton Plains or explore Nuwara Eliya

You'll have the option to do a trek on Horton Plains today. This unique and beautiful plateau of wild grassland and thick forest is famous for its biodiversity, with many plant and bird species exclusive to this area. During the walk, take in the thundering noise of Baker Falls, before trekking on to World's End - an awe-inspiring escarpment dropping a vertical distance of 880 meters. The hike takes approximately six hours, and although the terrain is mostly flat, to reach Baker Falls there is a long section of steps to descend which can be a little tough on the knees.

If you'd rather not trek, that's no problem - enjoy a free day in Nuwara Eliya. There are large parks within walking distance of the hotel.



ACCOMMODATION:  
Windsor Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 10 - Drive to the hill town of Ella

This morning, make your way to the hill town of Ella. You'll be driving through impressive scenery of lush tea plantations, where colourfully-dressed tea pickers will be working in groups, and past gushing waterfalls. If seats are available, you have the option to travel by train instead, winding through the mountains on a rail network that was introduced during British Colonial rule and has changed little since. Your driver-guide will help purchase tickets if you wish (and if they are available). Arriving in Ella late in the afternoon, take the opportunity to explore the town before retreating to your hotel which is perched on a hillside amongst the lush green scenery.



ACCOMMODATION:  
Heaven's Edge (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 11 - Drive to Udawalawe, explore the National Park by Jeep and visit the elephant transit home**

This morning, visit Ravana Ella Falls, one of the widest waterfalls on the island, before continuing south through the hill country to reach the plains and the small town of Wellawaya. Travelling onwards to Udawalawe National Park, it's difficult not to spot the 51 foot image of the Buddha known as Colossi of Buduruvagala, rising majestically above the vehicle along with other Mahayana statues. Udawalawe, designated a national park in 1972, covers some 31,800 hectares and is surrounded by mountains, a mix of rolling grasslands, teak plantations, rainforest and scrub. Renowned for its large herd of elephants, the park is one of the best places in Sri Lanka to see them, and is also home to deer, wild boar, buffalo, jackal and leopard. The resident bird population is also second to none, including a magnificent collection of birds of prey, chief among them the impressive white-bellied sea eagle. The afternoon is spent exploring the park by jeep and visiting the Elephant Transit Home where orphaned elephants are cared for until they are old enough to be released back in to the wild.



ACCOMMODATION:  
Athgira River Camp (or similar)

Grade: Comfortable Tented Camp



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



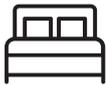
MEALS PROVIDED: BREAKFAST & DINNER

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## DAY 12 - Stroll through the Portuguese Fort at Galle

Continuing southwards this morning, descend through a huge region of rice paddies before reaching the coast. Travel through the small fishing port of Tangalle, home to a project supported by the Travel Foundation, where women learn to make traditional Beeralu Lace. Selling the lace helps them to become more self-sufficient. You may be able to visit if the project is open on the day of your visit, learning a little of their craft and helping to support these ladies who lost their breadwinners in the 2004 tsunami.

In the afternoon, visit the pretty coastal town of Galle, where you may be lucky enough to see the famous stilt fisherman balancing precariously above the ocean. An important trading centre since ancient times, the fortifications that can be seen in Galle 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 surroundings. Boutique shops and cafes around the town showcase their work. There is a lot to explore in the town and simply wandering its streets, soaking up its unique atmosphere is a great way to spend an afternoon. If you feel that you haven't spent enough time here on this afternoon's sightseeing tour, you have the opportunity to come back tomorrow.



### ACCOMMODATION:

Calamander Unawatuna Beach Resort (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



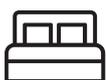
MEALS PROVIDED: BREAKFAST

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## DAY 13 - Free time to relax on Unawatuna's quiet beaches; whale watching, in season

Today is free to relax on the beaches of Unawatuna, or explore more of nearby Galle.

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.



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ACCOMMODATION:  
Calamander Unawatuna Beach Resort (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 14 - Early morning to relax on the beach before driving to Colombo

Take some time to soak up the last few hours on the beach before journeying back to Colombo for your last night- a total travel time of just a couple of hours. Spend the afternoon exploring Sri Lanka's capital city with your driver-guide. Wander around the historical '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. Visit the most important Buddhist temple in the capital, Gangaramaya, which is an oasis of calm in an otherwise frenetic city and end the trip by the Galle Face Green, an urban park along the sea front where locals gather to often play cricket and gather for other daily rituals.



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

Your trip ends today, and you will be taken to the airport to meet your international flight. There are no

activities planned today, so you are free to depart from Colombo's Bandaranaike International Airport (CMB) at any time - it's approximately one hour from the hotel. If your flight is departing later in the day, luggage storage facilities are available at our hotel.



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.

Minneriya - Jeep Safari £25.00 to £45.00 depending on numbers

Unawatuna - Boat Excursion to coral reef £5.00.

Unawatuna - Whale watching boat trip £60.00.

#### 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. When visiting religious sites you will need to dress

respectfully by covering your 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. Whilst in the tea areas you may encounter leeches, you may wish to consider taking leech socks with you.

## Luggage

20kg

## Luggage: On tour

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

## Equipment

A water bottle is recommended for walks. Although mosquito nets or screens are provided at most nightstops and in spite of fewer mosquitoes due to higher elevation, you may choose to bring your own (attachable with nails and tape) for use here. Alternatively, please bring mosquito coils.

## Tipping

### Local crew

In Sri Lanka, tipping is a recognised part of life. Some local staff will look to members of the group for personal recognition of particular services provided, and if you feel the service warrants it then it is useful to keep some small denomination notes for tipping and small purchases.

With that in mind, we have provided some guidelines below which are, of course, discretionary:

Driver-guide - \$4-£7 pp per day

Local guides at sites - £2 pp

Hospitality staff (porters, waiters etc) - £1

You may also encounter other people around Sri Lanka, such as the people who look after your footwear at the entrance to temples, who may also benefit from a small tip of around £1.

## 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

4WD, Car

### Accommodation notes

Our aim for this tour is to ensure that the locations of your hotels are spot on for sightseeing or enjoying the coastal and hillstation landscapes that you'll be travelling through, whether its on the beach at Negombo, perched on a hilltop over looking rolling tea plantations or a colonial-style property with lovely gardens. The hotels are clean, comfortable, with restaurants and WiFi, while most also have swimming pools.

### 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 your guide will endeavour to recommend 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, Commonwealth & Development 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**

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 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.

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### **Additional Information**



## Tour Staff

Unlike our group tours our private journeys do not have a Tour Leader. However, you are still in safe hands as we work closely with our expert local suppliers on the planning and organisation of your holiday to ensure that you have a fantastic time. You'll be met on arrival in Colombo by one of our english-speaking representatives, who will go through your holiday details and answer any questions you may have. The guides throughout the trip are excellent, and will help to bring the destination to life. You will have all the information that you need to explore at your own leisure and there is always the reassurance that you have someone on hand with our 24/7 emergency contact number.

## Why book this trip

This trip is one of our best-sellers with the chance to see elephants in the wild, climb to Lion Rock's ancient fortress and relax on quiet beaches. The trip focusses on the main highlights of Sri Lanka and is ideal for travellers interested in history and culture. There is plenty of sightseeing as well as free time for you to experience this increasingly popular

destination or to simply relax.

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## Reviews

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**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**