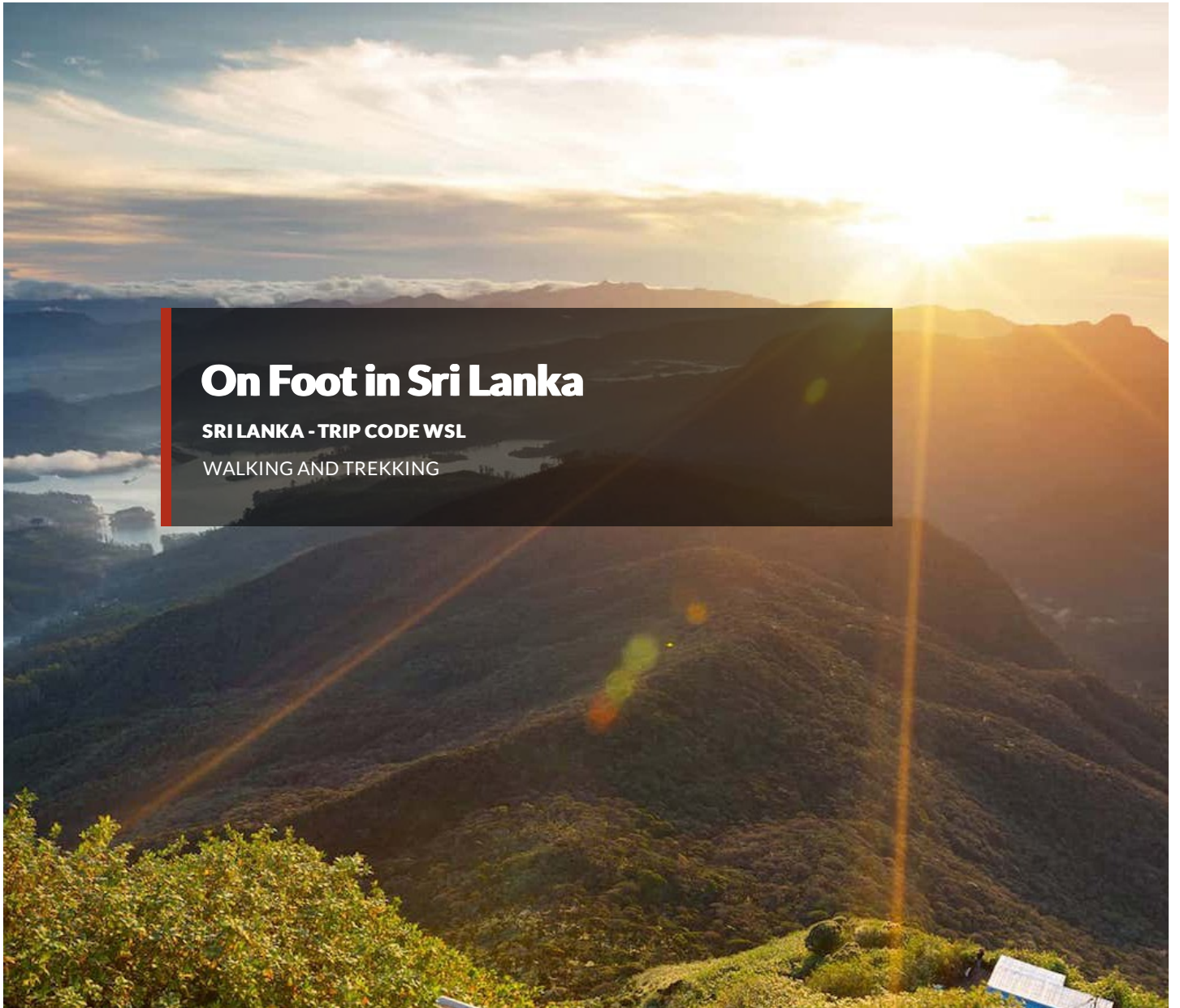


EXPLORE!



On Foot in Sri Lanka

SRI LANKA - TRIP CODE WSL

WALKING AND TREKKING

Why book this trip?

On this Sri Lankan walking holiday you'll discover both the country's past and its contemporary culture. Hike through the jungle to ancient sites, join throngs of pilgrims on an ascent of sacred Adam's Peak and spend the night at a Buddhist temple. Exploring on foot allows you to experience these special places in a different way to the less active visitor.

- **Sigiriya** - Hike jungle trails and ascend iconic Lion Rock
- **Diverse landscapes** - Walk among tea plantations, rainforest and beaches
- **Colombo** - Discover the capital's colonial heritage on a walking tour



INCLUDED MEALS
Breakfast: 14
Lunch: 5
Dinner: 6



TRIP STAFF
Explore Tour
Leader
Camp Crew
Driver(s)
Local Guide(s)



TRANSPORT
Bus
4WD
Train



ACCOMMODATION
1 nights simple bungalow
1 nights comfortable camping
3 nights simple guesthouse
8 nights comfortable hotel
1 nights simple lodge



WALKING GRADE:
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 on the shores of the Indian Ocean

The trip begins this afternoon in the coastal town of Negombo, famous for its fishing industry and golden sands. Our hotel is just a 15 minute drive north of the airport and a great place to relax after the journey to Sri Lanka. We may see fishing boats bring in the day's catch or a stunning sunset over the ocean.



ACCOMMODATION:
Beacon Beach Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Visit Dambulla cave temples; jeep safari in search of elephants

We head inland today and stop to visit Dambulla, a complex of cave temples which date from the 1st century B.C. This atmospheric World Heritage Site still attracts scores of worshippers. We will visit five separate caves, which contain a large number of Buddha images and a few sculptures of Hindu Gods. In the early afternoon, we drive to either Minneriya or Kadawla National Park (depending on the season), where we enjoy a jeep safari to look for the herds of wild elephant that live here in large numbers. These parks are also home to an array of birdlife, including painted storks.



ACCOMMODATION:
Acme Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Hike to Sigiriya and climb Lion Rock; explore Polonnaruwa

We make an early start this morning, heading off with a packed breakfast through the jungle and on village trails, to the ancient site of Sigiriya. On arrival we will climb the 200m high iconic Lion Rock ahead of the crowds and whilst it is still relatively 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. The fortress was built in just seven years to protect the palace of merciless King Kassapa, who had assassinated his father and deposed his brother. Unfortunately for the king, despite its impregnable reputation, he was defeated here by his brother after a reign of 18 years. A series of steps and steel stairways ascend to the top of the rock and 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, we pass between a set of enormous lion paws carved out of the rock - all that remain of an ancient gateway that gave Sigiriya, the 'Lion Rock', its name. From the summit there are magnificent views of the surrounding jungle and countryside.

In the afternoon we will explore another ancient site on foot, the remains of the city of Polonnaruwa, which reached the height of its 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 which contains a superbly decorated circular shrine. 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.

We can expect this morning's six kilometre hike to take around three hours including the ascent/descent of 200m Lion Rock. The afternoon walk at Polonnaruwa is around four kilometres and will take approximately three-and-a-half hours including sightseeing. The terrain is flat.



ACCOMMODATION:
Acme Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Trek in the Knuckles Range; overnight in former colonial bungalow

This morning we head south to the Knuckles Mountain Range for a hike through the region's abundant forests and grasslands. Resembling a clenched fist, the mountains are a remarkable microcosm of the country, the isolated cloud forests providing a haven for a rich diversity of flora and fauna. To the south and east of the Knuckles lies the Mahaveli Valley, whilst the Matale Valley (also known as the spice valley of Sri Lanka) to the west encircles a collection of peaks unrivalled anywhere else in the country.

Our hike today takes us along the mainly earth and gravel paths of the Manigala Trail and we plan to enjoy our picnic lunch among these beautiful surroundings. We spend the night at the characterful Sir John's Bungalow. Built by the British during the colonial era as a residence for the Superintendent of the 1,300 acre Laggala tea estate, the Bungalow was once the holiday home of Sir John Kotalawala, the third Prime Minister of Sri Lanka. On a clear day, the gardens and terrace enjoy sweeping vistas of the north eastern Knuckles. Sir John's Bungalow retains its old-world charms and comforts, including roaring fireplaces in the living and dining rooms. The bedrooms at the bungalow are simply furnished in a traditional style and have attached bathrooms with hot water showers. As there are just 5 rooms, you may, depending on the size of the group, need to share with three or four others (of the same sex).

Today's 16 kilometre hike is expected to take around five to six hours.





ACCOMMODATION:

Sir John's Bungalow (or similar)



Grade: Simple Bungalow



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Morning Knuckles hike; drive to Kandy, orientation walk in afternoon

There's an option this morning to make an early start before breakfast and set off on a short trek to a spectacular viewpoint known locally as Mini World's End (after the more famous World's End sheer precipice in Sri Lanka's Horton Plains National Park), where the scarp slope drops almost vertically for 1192 metres affording magnificent panoramic views over the often mist shrouded landscapes. We return to the bungalow for breakfast and a chance to freshen up before driving to Kandy.

Sitting on a plateau some 500 metres above sea level, Kandy served as the capital of the last Sinhalese kingdom until falling to the British in 1815. It is a place of cultural and spiritual importance with Buddhists from all over the world coming here to visit its famous Temple of the Tooth, the Dalada Maligawa. The jewelled shrine of the Holy Tooth, said to be Buddha's left canine, is kept in the upper floor of the original building. The 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 during the festival of Perehera. We plan to go on an orientation walk in the city on arrival.

This morning's optional six kilometre hike is expected to take around two hours.



ACCOMMODATION:

Queens Hotel Kandy (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Tea museum visit; trek in the hills above Kandy to Galaha

This morning we head out by bus into the hills surrounding Kandy to the Ceylon Tea Museum which we'll visit before setting out on our walk on the Hantane Trail. The museum occupies the refurbished 1925-vintage Hantane Tea Factory and is supported by the Sri Lanka Tea Board and Planters' Association. There are exhibits on tea pioneers such as James Taylor and Thomas Lipton and after visiting you can enjoy a cuppa in the top-floor tearoom. The trek today is mostly down hill and takes us through beautiful tropical forest frequented by monkeys and a variety of birds to end at the Nilambe Meditation Centre in Galaha.

Returning to Kandy in the afternoon, the remainder of our time here is left free to explore more of the city. You can visit the Temple of the Tooth or wander around the lake. Kandy has many 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 venues around town.

Today's 18 kilometre hike is expected to take around five to six hours.



ACCOMMODATION:

Queens Hotel Kandy (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 7 - Train journey to Hatton; walk along banks of Castlereigh Reservoir and through tea estates

Departing Kandy this morning by train we will enjoy a scenic journey through Sri Lanka's Highlands to Hatton. As the train passes round hills and through valleys, strands of forest give way to the bright green tea bushes that cloak the landscape. Clusters of pickers, usually Tamil women, add splashes of colour in their colourful sarees. In an area known as 'Little England', where we will find red telephone boxes, Victorian colonial architecture and pretty rose gardens - Hatton served the coffee and tea estates of the colonial era. From Hatton its a short drive to Norwood from where we'll trek through the tea plantations and along the banks of the Castelreigh Reservoir. At the end of our walk, it's a short journey by bus to our guesthouse in Dalhousie, the town that is the base for anyone wanting to climb sacred Adam's Peak (2243m), known locally as Sri Pada. A depression at the top of the peak is said to be Buddha's footprint (or that of Shiva to Hindus and Adam to Christians and Muslims) and, each year during the period

between the December and May full moon, hundreds of thousands of pilgrims climb to the top for sunrise

Today's 10 kilometre hike is expected to take around four hours.



ACCOMMODATION:
Punsisi Rest Guest House (or similar)

Grade: Simple Guesthouse



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - Ascend the sacred mountain - Adam's Peak

During the pilgrimage season, the stone staircase to the top of the peak is floodlit and we will set out around midnight joining throngs of pilgrims on the 1000m ascent to the summit, in time for sunrise and amazing views. It can get very busy at times but our guides know some of the shortcuts on the mountain to help us avoid any bottlenecks. Outside of the season, the path is not lit and we will depart later in the pre-dawn light to reach the summit later but still whilst the air is cool and to be back down at our guesthouse by early afternoon at the latest.

The Adam's Peak ascent is approximately 1000m the eight kilometre hike is expected to take around eight hours in total.



ACCOMMODATION:
Punsisi Rest Guest House (or similar)

Grade: Simple Guesthouse



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 9 - Train to Ohiya; trek to Misty Mountain Lodge in the Horton Plains National Park

This morning we take the train again, alighting at Ohiya station from where we'll hike to our accommodation for the night, the appropriately named Misty Mountain Lodge in the hills of the Peak Wilderness Range within the Horton Plains National Park. The Park is located on a plateau at an altitude of 2,100-2,300 metres, it is covered by montane grassland and cloud forest and is rich in biodiversity; many species found here are endemic to the region. Misty Mountain Lodge is a simple trekkers lodge with just 8 rooms where we're accommodated in a variety of rooms from singles to dormitory style with up to 4 people in a room. Each room has an attached bathroom with hot water shower. sharing attached bathrooms.

Today's six kilometre hike is expected to take around two hours with a total ascent of 200 metres and descent of 300 metres.



ACCOMMODATION:

Misty Mountain Lodge (or similar)



Grade: Simple Lodge



MEALS PROVIDED: BREAKFAST & DINNER

DAY 10 - Trek to Kalupahana through tea plantations, jungle and villages; overnight at tented camp

We depart the lodge after breakfast on a trek through a mixture of tea plantations and jungle and villages to Kalupahana from where its a short drive to our tented camp near to the river at Belihuloya. The area experiences a specific climate linking the wet and dry zones with the hill country and the low country, all combining to make this an area of the country with a wide range of bio-diversity.

Today's 14 kilometre trek is expected to take around four to five hours with a total ascent of 200 metres and descent of 800 metres.



ACCOMMODATION:

Kinchigune Camp Site (or similar)



Grade: Comfortable Camping



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 11 - Walk in the Belihuloya area; drive to the Sinharaja Forest Reserve

After breakfast we take a walk through the rice paddies and villages in the Belihuloya area, eventually meeting up with our bus near Puwakgahawela. We then head for the Sinharaja Rainforest Reserve, a World Heritage Site of lowland evergreen virgin rainforest that is a bird watchers' paradise - 282 species have been sighted here. Other fauna include a large variety of insects, reptiles and amphibians. Although there are a small number of leopards, these are very rarely seen due to the dense foliage. The word 'Sinharaja' means lion king and legend has it that the Sinhala people of Sri Lanka originated from the union between a princess and the lion king who once lived in the forest!

Today's 10 kilometre walk is expected to take around three hours.



ACCOMMODATION:

Blue Magpie Lodge (or similar)



Grade: Simple Guesthouse



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 12 - Rainforest hike ; drive to Unawatuna on south coast

This morning we will enjoy a hike on some of the trails through the rainforest in the company of a specialist park guide who will point out some of the stunning plant, bird and animal-life of the reserve. Sinharaja is one of Sri Lanka's last areas of primary tropical rainforest. More than 60% of the trees are endemic and many of them are considered rare. The forest is often shrouded by rainclouds and the trail may be slippery underfoot.

In the afternoon we head for the seaside village of Unawatuna on the south coast, close to the historic port of Galle.

Today's eight kilometre rainforest hike is expected to take around three hours.



ACCOMMODATION:

Calamander Unawatuna Beach Resort (or similar)



Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 13 - Free day relaxing at the beach; option to visit Galle

Today is left free to enjoy Unawatuna and the surrounding area. You can choose to relax on the beach or hire snorkelling equipment, or take a boat trip around the coast or upriver, past small largely uninhabited islands. The pretty coastal town of Galle is just a few kilometres away and easily reached by local bus or taxi. An important trading centre since ancient times, the fortifications that can be seen today were built by the Portuguese and then the Dutch from the 16th to the 17th centuries. The fort ramparts of this World Heritage Site protect the harbour and a myriad of fascinating old houses, churches and warehouses. Today, the town has a strong arts vibe, with foreign and local artists, writers, photographers, designers and poets drawing inspiration from their surrounds. Boutique shops and cafes around the town showcase their work.



ACCOMMODATION:

Calamander Unawatuna Beach Resort (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 14 - Train to Colombo; walking tour

We catch an early morning train from Galle to the lively capital Colombo, and have a picnic breakfast on the train. On arrival at the station we will head straight out a walking tour of Colombo (our bags are

taken to the hotel) which will take you through the city's commercial heritage in terms of Portuguese, Dutch, and English influences, dating back from 17th century to the 1990s. The afternoon is left free to explore the city further or perhaps do some shopping. In the evening there's the option to join a unique guided walk around some of Colombo's old drinking spots, not the trendy new ones but the old taverns and pubs.



ACCOMMODATION:
Colombo City Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 15 - Trip ends in Colombo

The trip ends this morning after breakfast.



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.

Unawatuna - Whale and dolphin watching boat trip from Mirissa harbour (season runs from November through to April) - £60.00.

Unawatuna - Sorkelling Trip - £5.00

Colombo - Evening Walking tour around city's night spots

Clothing

Due to the diversity of altitude encountered on tour, you will need to bring a range of comfortable lightweight clothing that can be layered according to the fluctuating temperature. On the coast and at lower altitudes, you can expect both days and nights to be warm and humid and lightweight clothing is all that is needed. In the Central Highlands and especially on the pre-dawn Adam's Peak ascent, nights can be chilly.

We recommend walking trousers and shorts, breathable T-shirtshirts, walking socks, fleece jacket, waterproof jacket, warm hat and gloves and sunhat. When it has rained there may be leeches in the jungle and we highly recommend bringing your own leech socks which can be bought through outdoor equipment providers or online through retailers such as Amazon.

When visiting religious sites you will need to dress respectfully by covering you knees and shoulders plus taking off your shoes and hats.

Footwear

We recommend you bring lightweight walking boots with ankle support, make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

One main piece of baggage and a daypack, 30-35 litres recommended.

Equipment

Bring a 2 litre water bottle, sun cream, sunglasses and head torch.

Bring your walking poles if you usually use them.

An umbrella is useful for both rain and as a sun shade.

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

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, your Leader 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	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, Train

Accommodation notes

Here is some information about the simple grade accommodation we stay at on this trip:-

On day four we stay at the Sir John's Bungalow. Built by the British during the colonial era as a residence for the Superintendent of the 1,300 acre Laggala tea estate, the Bungalow was once the holiday home of Sir John Kotalawala, the third Prime Minister of Sri Lanka. On a clear day, the gardens and terrace enjoy sweeping vistas of the north eastern Knuckles. Sir John's Bungalow retains its old-world charms and comforts, including roaring fireplaces in the living and dining rooms. The bedrooms at the bungalow are simply furnished in a traditional style and have attached bathrooms with hot water showers. As there are just 5 rooms, you may, depending on the size of the group, need to share with three or four others (of the same sex).

On days seven and eight in Dalhousie we stay at Punsisi Guesthouse. The rooms are quite basic, however clean and spacious and feature mosquito nets and en-suite bathrooms.

On day 9 we stay at Misty Mountain Lodge, a simple trekkers' lodge with just 8 rooms where we're accommodated in a variety of rooms from singles to dormitory style with up to 4 people in a room. Each room has an attached bathroom with hot water shower. sharing attached bathrooms.

On day 11 you stay at Blue Magpie Lodge, a family run lodge set in peaceful jungle surroundings just five minutes from Sinharaja Forest Reserve. The simply furnished rooms all have attached bathrooms, hot running water, mosquito nets and fans. The lodge restaurant serves typical Sri Lankan country style food and fresh fruits in season.

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.

Effective from 1st August 2019 and valid for six month (up to 31st January 2020) UK, EU, US, Australian, New Zealand and Canadian nationals will not need to pay for a short stay visa, although you will still need to apply for an Electronic Travel Authorisation on line before you travel.

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.

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 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.

Maximum altitude (m)

2243

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.

Walking and Trekking information

DAILY DISTANCES		
Day 3	6km	3hrs
Day 4	8km	3.5hrs
Day 5	9km	3hrs
Day 6	6km	2hrs
Day 7	7km	3hrs
Day 8	8km	8hrs
Day 9	6km	2hrs
Day 10	9km	3hrs
Day 11		
Day 12	8km	3hrs

Walking grade

Moderate

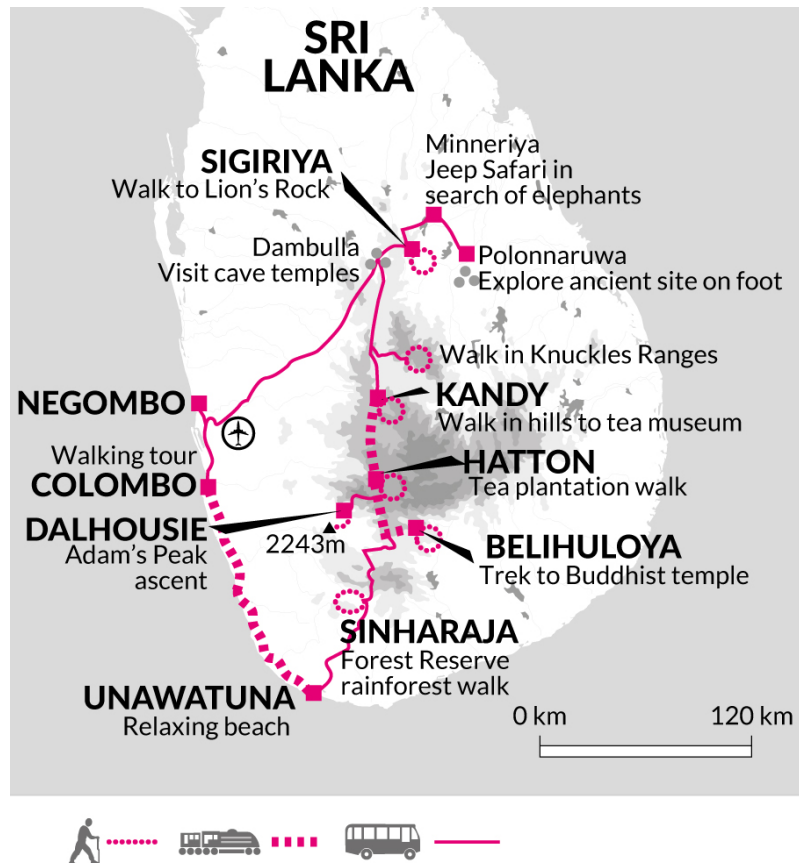
Trek details

We walk on 9 days for between 3 to 8 hours. Some of the walks include sightseeing which is included within the timings. Terrain varies from village footpaths and back roads to plantation and mountain trails. The 1000m Adam's Peak ascent is graded Challenging, it is mainly on steps and is made during the night during the pilgrimage season (December to May's full moon), in the early morning at other times.

Max walking altitude (m)

2243

Additional Information



Extend Your Trip

Why not extend your holiday with a few days on the beach at **Unawatuna** or join our our Maldive Dhoni Cruise for some serious relaxation following your exploration of Sri Lanka. [Click here](#) for details.

Reviews



**AWARD WINNING
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