

# EXPLORE!

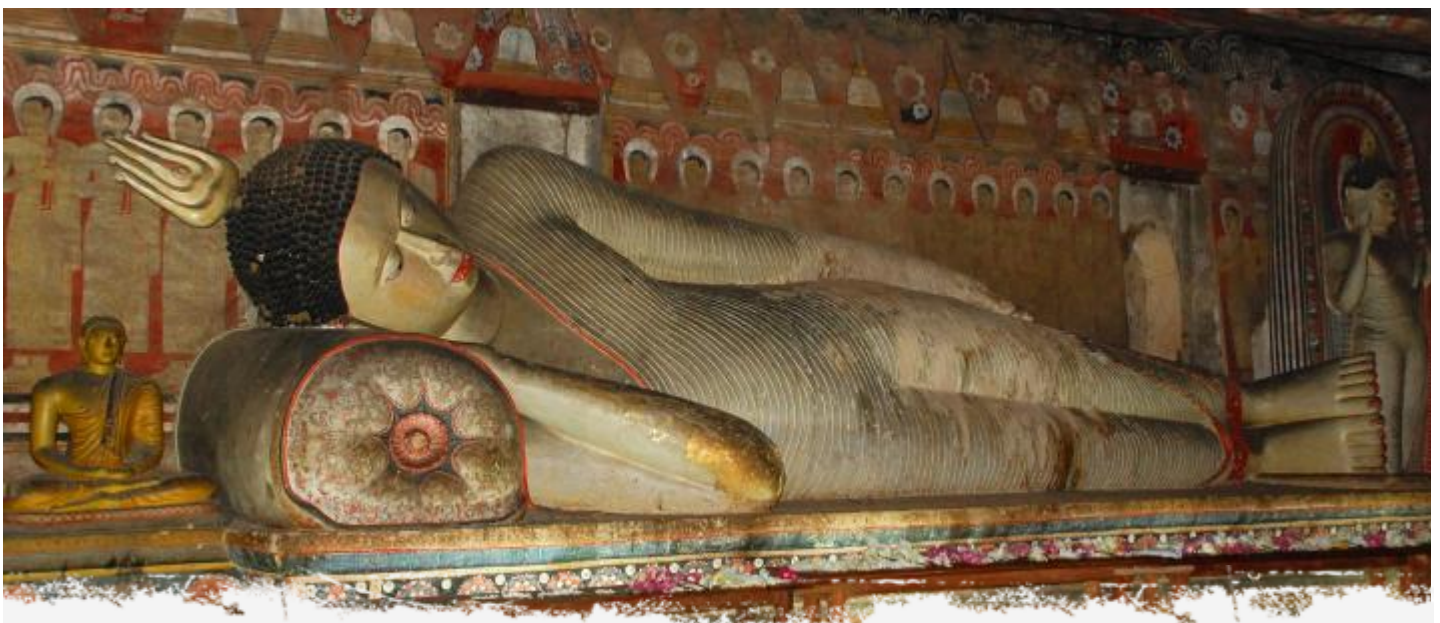
## TRIP NOTES



### Buddha's Island (SL 2017 ADAMS PEAK)



TRIPDURATION  
**15**  
DAYS



**Tour Style:** Classic  
**Tour Pace:** Moderate

**Tour Type:** Small Groups  
**Accommodation**  
**Grade:** Standard

**Trip Code:** SL

#### Trip Highlights - Buddha's Island

- ✓ National Parks - Enjoy a jeep safari with the hope of spotting a leopard, elephant and sambar deer in the wild
- ✓ Anuradhapura, Polonnaruwa, Dambulla and Sigiriya - Explore ancient capitals, painted cave temples and the dramatic 'Sky Fortress'
- ✓ Kandy and the Hill Country - Explore the rich cultural heritage of the 'Hill Capital' and the lush tea plantations and colonial charm of the surrounding area
- ✓ Adam's Peak - Join pilgrims in a trek to the summit of this sacred mountain in time for sunrise
- ✓ Unawatuna and Galle - relax on the white sand beaches of the south coast and soak up the laid-back, artistic vibe of Galle

#### Trip Essentials

**Accommodation:** 13 nights Standard Hotel  
1 night Simple Guesthouse

**Included Meals:** 14 breakfasts, 0 lunches, 1 dinner

**Start Point:** Join trip: Negombo  
**End Point:** Trip ends: Negombo

**Transport:** Bus  
**Countries:** Sri Lanka

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## Buddha's Island

This comprehensive trip of the 'Pearl of the Indian Ocean' covers Sri Lanka's many highlights at a relaxed pace. Uncovering ancient cities, rock carvings and gilded temples, we discover its rich Buddhist history and culture. Other highlights include the spectacular Hill Country, wildlife-filled national parks and an idyllic tropical coastline, where we enjoy some down-time. Along the way, we are welcomed by generous hospitality and friendly faces.

### Kandy Perahera

Every year there is a spectacular 10 day Festival in Kandy called the Esala Perahera. A replica of the famous Buddha's tooth relic is paraded around the town followed by a huge number of performers and elaborately adorned elephants. The scene is noisy, colourful and tremendous fun. If you travel on the 23rd July 2017 or 30th July 2017 trips you will be able to see this spectacle while you are in Kandy.

### 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.

### Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

### Accommodation Grade: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

### Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

### Tour Pace: Moderate

These moderately paced tours provide some busy days with plenty of experiences to enjoy, as well as time to relax along the way.

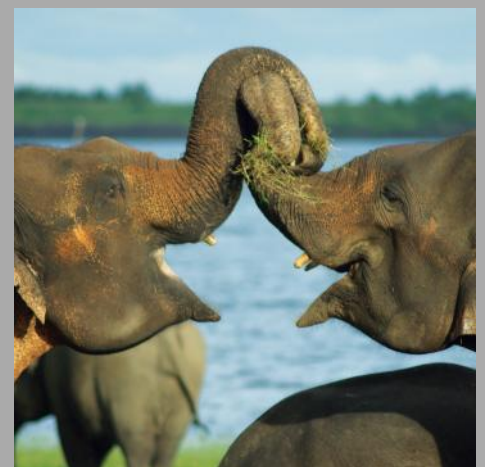
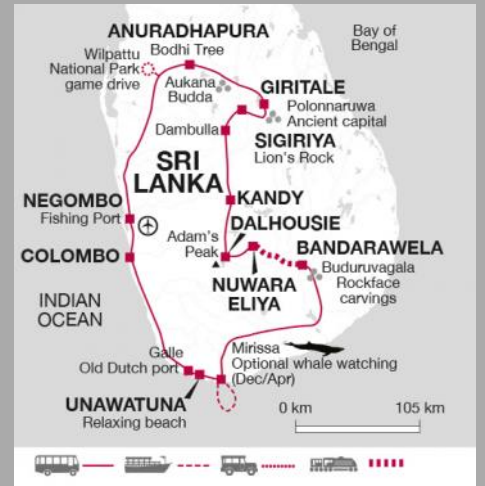
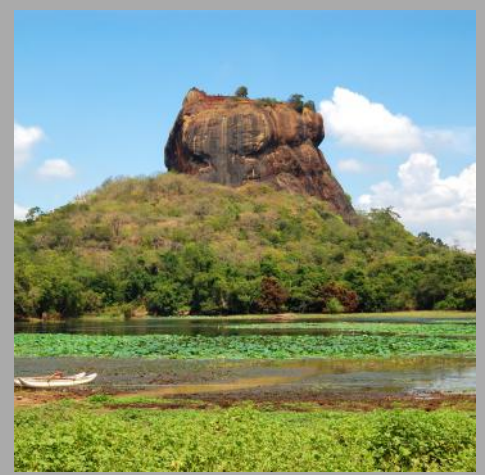
## Your trip itinerary

### Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

### Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.



## DAY 1 Join tour in Negombo

Our tour 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. From its beach location, we are likely to see fishing boats bring in the day's catch. We may also be treated to a stunning sunset over the ocean.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** None

## DAY 2 Game drive in Wilpattu National Park; drive to Anuradhapura

A three-hour drive north takes us to Wilpattu National Park. En route, we will visit a nearby fishing village which uses traditional-style outrigger canoes, known as 'oruvas'. Along the way we hope to 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 spottings. We will go on a jeep safari 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 crowded, making our visit more enjoyable and responsible. Leaving the park, we drive to nearby Anuradapura, where we will spend the next two nights.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 3 Full day to explore the ancient citadel

This morning, we explore the ancient capital of Anuradhapura - a UNESCO World Heritage Site 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. In the afternoon, we travel eight miles 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, and a short final section with uneven steps and a hand rail leading to the summit of the Missaka Mountain. There are excellent views from the top looking back to Anuradhapura.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

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

Travelling towards Giritale, we 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. Our 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. We will visit five separate caves, which contain a large number of Buddha images and a few sculptures of Hindu Gods. After a lunch stop, we reach the small town of Giritale - our base from which to explore Polonnaruwa. Our hotel for the night looks out over a large and picturesque 7th century man-made lake.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 5 Search for elephants in Minneriya National Park

This morning we 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. In the early afternoon,

we drive to either Minneriya or Kadaula National Park (depending on the season), where we enjoy a jeep safari to look for herds of wild elephant. These parks are also home to a large array of birdlife, including painted storks.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 6 Climb Lion's Rock at sunrise; drive to Kandy

An early start this morning as we plan to climb Sigiriya Rock ahead of the crowds and whilst it is cool. The ruins of this 5th century 'Sky Fortress' are one of Sri Lanka's major attractions, a stupendous sight to behold and a feat of consummate engineering skill. Built in just seven years as a fortified palace to protect the reign of merciless King Kassapa, who had assassinated his father and deposed his brother, it is seen as one of the world's best preserved examples of ancient urban planning. Unfortunately for the king, despite its impregnable reputation, he was defeated here by his brother after a reign of just 18 years. A switchback series of steps and steel stairways ascend to the top. Halfway up, tucked beneath a sheltering overhang of rock, are the famous frescoes - the Sigiriya Damsels, their colours still glowing. Before our final ascent to the summit, we pass between a set of enormous lion paws carved out of the rock - all that remain of an ancient gateway that gave Sigiriya, the 'Lion Rock', its name. Once at the 200 meter summit, magnificent views can be enjoyed of the surrounding jungle and countryside. This afternoon, a two-hour drive takes us to Kandy. En route, we stop to visit the woodcarving centre at Naula and a spice garden.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

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

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 8 Drive to Dalhousie for an ascent of Adam's Peak

After a free morning, we drive to Dalhousie in the foothills of Adam's Peak. Here, we have the opportunity to ascend this sacred peak, known locally as Sri Pada. A depression at the top of the peak is said to be Buddha's footprint and, each year, thousands climb to the top for sunrise. Shortly after midnight, we join pilgrims for our ascent. There is a stone staircase which we follow right to the top. It can be tough on the legs, and some may find it physically challenging, but you can go at your own pace, take your time and savour the experience. We reach the top in time for sunrise, when spectacular views all around us. For anyone not wanting to climb the peak, there is free time to explore the small town of Dalhousie, or relax at our guesthouse.

Overnight: **Simple Guesthouse**  
**Single Room Available**

 **Included Meals:** Breakfast, Dinner

## DAY 9 Stop at a tea plantation on the way to Nuwara Eliya

Returning from the peak early this morning, we enjoy a well-earned breakfast before making our way to picturesque 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 any homesick British. The cool climate provided a sanctuary in which to immerse themselves in familiar pastimes, such as polo, golf, cricket and fox hunting. This part of Sri Lanka is also an important tea growing area and plantations stretch over rolling hills for as far as the eye can see, interspersed with the occasional tea-making factory. We have free time for the rest of the day to explore this colonial treasure.

Overnight: **Standard Hotel**  
**Single Room Available**

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 **Included Meals:** Breakfast

## DAY 10 Drive to the hill town of Bandarawela

This morning, we make our way to Bandarawela by train. Regarded as among the most picturesque train journeys in the world, we wind our way through the mountains on a rail network that was introduced during British Colonial rule and has changed little since. Passing by impressive waterfalls and travelling through lush tea plantation country, we are likely to see colourfully-dressed tea pickers working in groups. Arriving in Bandarawela late in the afternoon, we have the opportunity to explore the quaint shops of this small, untouristy town, before settling down in our colonial-style hotel for the night.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

## DAY 11 Transfer to the coastal town of Unawatuna

This morning, we visit Rawana Ella Falls, one of the widest waterfalls in the country, before continuing south through the hill country until we reach the plains and the small town of Wellawaya. Travelling onwards, we are likely to spot a 51 foot image of the Buddha, known as Colossi of Buduruvagala, rising majestically above us, along with other Mahayana statues. Continuing southwards, we descend through a huge rice growing area before reaching the coast. We will also travel through the small fishing port of Tangalle and may be lucky enough to see the famous stilt fisherman balancing seemingly precariously above the ocean. Tangalle is also home to a lace making project supported by the Travel Foundation, where women learn to make and sell lace, helping them to become more self sufficient. We hope to visit a learn a little of their craft. Our base for the next three nights is the attractive beach resort of Unawatuna, close to the southern tip of Sri Lanka. Once again, our itinerary today involves a long drive, but is broken up with lots of breaks. Varied and spectacular scenery from the hill country, through paddy fields and on to the coast, provides plenty of interest.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 12 Stroll through the Portuguese Fort at Galle

This morning is free for you to enjoy the many activities and attractions of Unawatuna and the surrounding area. You may choose to hire snorkelling equipment and explore the beautiful corals, or take a boat trip around the coast or upriver, past small largely uninhabited islands. This afternoon, we plan to visit the neighbouring pretty coastal town of Galle. An important trading centre since ancient times, the fortifications that can be seen today were built by the Portuguese and then the Dutch from the 16th to the 17th centuries. The fort ramparts of this World Heritage Site protect the harbour and a myriad of fascinating old houses, churches and warehouses. Today, the town has a strong arts vibe, with foreign and local artists, writers, photographers, designers and poets drawing inspiration from their surroundings. Boutique shops and cafes around the town showcase their work. There is a lot to explore in the town and enjoyment can be gained simply by wandering around its streets, soaking up its unique atmosphere. 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.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 13 Free time to relax on Unawatuna's quiet beaches

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.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 14 Early morning wetlands visit en route to Negombo

An early start this morning to fit in a few stops on our journey back north to Negombo - a total travel time of just a couple of hours. We plan to visit a beautiful wetland reserve where a boat trip provides us with the opportunity to spot kingfishers. A short detour to Colombo in the afternoon provides us with time to explore the capital, before returning to our hotel in Negombo for our final evening.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

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 **Included Meals:** Breakfast

DAY **15** Tour ends in Negombo

Our tour ends this morning after breakfast.

 **Included Meals:** Breakfast

## Accommodation and Meals

### Accommodation Notes

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.

### Food & Drink

Included meals: 14 breakfasts, 0 lunches, 1 dinner included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

## Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

### Food

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.

#### Sri Lanka

**Lunch £:** 4.00

**Dinner £:** 8.00

### Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

#### Sri Lanka

**Bottle of Beer £:** 2.00

**Water £:** 0.50

### Other Sightseeing & 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.

### Optional Excursions

Kandy - Cultural Show £2.50.

Unawatuna - Boat Excursion to coral reef £5.00.

Half Day Trips - Boat ride to Cinnamon Islands; turtle hatchery at Kosgodra; picnic lunch; transport - £9.00.

Unawatuna - Whale watching boat trip £60.00.

### Tipping - Tour Leader

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

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## Tipping - Local Crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Accordingly you should allow approximately £40.

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## Foreign Exchange

### Sri Lanka

**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.

**Local Currency:** Sri Lankan Rupee.

**Recommended Currency for Exchange:** US\$ and UK£ are equally good

**Where to Exchange:** In most major towns.

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## Joining your Trip

### 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.

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### 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 on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

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### 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 transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. 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, 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 please refer to <https://www.explore.co.uk/transfers>.

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### 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.

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## Important Information

### Travel 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. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

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The Adventure Travel Experts

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DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers [www.campbellirvinedirect.com/Explore](http://www.campbellirvinedirect.com/Explore) who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

## Travel Aware

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 follow the link at [www.explore.co.uk/travel-safety](http://www.explore.co.uk/travel-safety)

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting [cr@explore.co.uk](mailto:cr@explore.co.uk) or 01252 379438.

## 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.

## Visa 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](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**.

## Vaccinations & Protection

### Sri Lanka

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. 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 <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

## Preparing for your Trip

### Climate

#### Sri Lanka

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.

### 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 you knees and shoulders plus taking off your shoes and hats. You may like to wear socks for temple visits as the ground can get very hot and burn the soles of your feet. You will need to bring long trousers, or buy a sarong locally.





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## 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.

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## Footwear

Lightweight shoes and sandals. Whilst in the tea areas you may encounter leeches, you may wish to consider taking leech socks with you.

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## Luggage: On Tour

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

Luggage allowance on trip: 20kg

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# General Information

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## Country details

### Sri Lanka

**Population:** 20,238,000

**Size of Country:** 65,610 sq km

**Major Language:** Sinhala, Tamil

**Religion:** Buddhism

**Time Difference to GMT:** +6

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## Electric Supply & Plugs

### Sri Lanka

3 Pin Round

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# Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

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## Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

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## Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group ([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

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## Booking Your Holiday

### Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

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### Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

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### 100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

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### Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

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