

JOURNEYS

with **G Adventures**

Discover Sri Lanka - ASING

12 days: Colombo to Negombo

What's Included

- Your Journeys Highlight Moment: Wilpattu Safari and Conservation Talk, Wilpattu National Park
- Your Journeys Highlight Moment: Agricultural Village Experience, Habarana
- Your Journeys Highlight Moment: High Tea and Handicrafts, Kandy
- Your G for Good Moment: Sthree Craft Shop and Café, Kandy
- Your Hands-On Moment: Visit a Coconut Plantation, Colombo
- Your Foodie Moment: Sri Lankan Cooking Demonstration, Udawalawe
- Arrival transfer
- Tour of Anuradhapura ruins
- Tour the Sigiriya rock fortress
- Dambulla cave temple visit
- Visit a Matale spice garden
- Tour the Temple of the Tooth
- Cultural show
- Visit the Royal Botanical Gardens
- Tour Nuwara Eliya area and a Ceylon tea plantation
- Hike in Horton Plains National Park
- Safari drive in Udawalawe National Park
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing February 25th, 2020 and onwards

Itinerary Notes

There are new Health & Safety Protocols for National Geographic Journeys tours. Please see [here](https://www.gadventures.com/health-safety-journeys/) for full details and up-to-date requirements as they may change.

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1 Colombo

Arrive at any time. Arrival transfer is included.

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Arrival Transfer

Bandaranaike International Airport – Colombo

You will be met at the airport and transferred to the hotel to start your adventure.

Accommodation

The Steuart by Citrus (or similar)

Hotel

Day 2 Colombo/Wilpattu National Park

Begin the day with a visit to a coconut plantation. Coconut is one of Sri Lanka's major exports, and many local industries utilize coconut-based by-products. Continue north to Wilpattu National Park, one of the oldest parks in the country and home to a significant leopard population. Explore the park on a 4x4 with a local expert, hearing about conservation efforts and the issues of human encroachment on wildlife reserves, and keep an eye out for elephants, wild boar, sloth bear, spotted deer, and of course, leopards. Spend the night at a safari camp located just outside the park.

Wilpattu is the oldest National Park in the country and home to Sri Lankan leopards. We will do our best to search some out with our local ranger, as well as enjoy the stunning flora and fauna. Our safari camp is located 10 minutes to the Southern boundary of the park entrance, on the boundary of a lake surrounded by bush forest. While a bit more simple than our other accommodations in Sri Lanka, a stay in a tented camp offers a unique and fun experience. Tents are heavy canvas with 2 raised beds, electricity, fan and ensuite toilette. The camp offers open air dining with exceptional food and service in a natural surrounding. On occasion, due to the remote location electricity and hot water can be sporadic. A flashlight is provided and should be used when walking at night.

Your Hands-On Moment: Visit a Coconut Plantation

Visit a local coconut plantation and learn about the importance of this crop to local people and the country as a major export. Sri Lanka is fortunate that the coconut palm is native to the island and lush plantations cover a large portion of coastal areas. Many local industries are founded in coconut based products using all parts of the fruit including the kernel, shell, husk, and fiber.

Your Journeys Highlight Moment: Wilpattu Safari and Conservation Talk

Explore Wilpattu, one of the largest and oldest National Parks in Sri Lanka, renowned for its leopard population. Explore the park by jeep with a local expert to observe the local flora and fauna, but be on the lookout for the park's most famed resident, the leopard. Also discuss wildlife conservation in the area and the conflicts of human encroachment on wildlife reserves.

Private Vehicle

Colombo – Wilpattu National Park 4h15km

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast | Dinner

Accommodation

Big Game Camp Wilpattu (or similar)

Hotel

Day 3 Wilpattu National Park/Anuradhapura

Travel to the sacred city of Anuradhapura, an ancient capital of Sri Lanka dating to the third century B.C. Take your time to wander the palaces, gardens, Buddhist temples, and monasteries of this splendid UNESCO World Heritage site, and opt to explore the ruins by bike with a professional cycling guide.

Private Vehicle

Wilpattu National Park – Anuradhapura 1h35km

Settle in and scan the scenery from the convenience of a private vehicle.

Anuradhapura Excursion

Anuradhapura

Tour the ruins and monasteries of Sri Lanka's first capital. A symbol of Sinhalese power, this is the nation's most extensive and important ancient city.

Meals included: Breakfast

Accommodation

Palm Garden Village (or similar)

Hotel

Day 4 ANURADHAPURA/HABARANA/DAMBULLA

Venture to the thriving village of Habarana, where we'll get a chance to glimpse daily rural life. Explore the area by traditional bull cart, visiting lush vegetable fields and rice paddies. Take a stroll through town and meet some of Habarana's residents. Float in a canoe down a picturesque lake, and sit down for a lunch of local specialties. Later, continue to Dambulla for the evening.

Your Journeys Highlight Moment: Agricultural Village Experience

Visit the thriving Village of Habarana for a glimpse of authentic rural life in Sri Lanka's North Central Province. Travel by foot, traditional bull cart and canoe in this scenic region, visiting farms of lush vegetable fields and rice paddies, surrounded by a landscape of green jungle and picturesque lakes. Walk through the town to meet some of its residents and vendors and gain an understanding of their largely agricultural life. Take a canoe ride on the lake, then sit down to a lunch of local specialties.

Private Vehicle

Anuradhapura – Dambulla 2h-2h30m 85km

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast | Lunch

Accommodation

Sigiriana Resort by Thilanka (or similar)

Resort

Day 5 Dambulla

This morning, discover one of Sri Lanka's most iconic sights—the striking fortress of Sigiriya, or the Lion's Rock. This royal city and UNESCO World Heritage site was built in the fifth century on the slopes and summit of an imposing granite peak. Climb up a series of steep steps to reach the top, and encounter beautiful gardens, caves, monasteries, and palaces adorned with frescoes. Enjoy breathtaking views of the surrounding jungle, and return to Dambulla for some free time around town.

Sigiriya Rock Fortress Visit

Sigiriya 2h-3h 15-20km

Be mesmerized by this rock fortress, which captivates every visitor with its well-laid out gardens, caves, monasteries, and palaces adorned with beautiful wall motifs. Start at the water gardens and climb more than 1,200 steps to reach the top. Pass caves with frescoes and boulders to find the ruins of a palace on the flat surface of the old volcanic magma rock. The rock rests 370m (1,213 ft) above sea level with a sheer drop on all sides.

Private Vehicle

Dambulla

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast

Accommodation

Sigiriana Resort by Thilanka (or similar)

Resort

Day 6 Dambulla/Kandy

Set out to explore the impressive Dambulla Cave Temple, the largest and best-preserved collection of cave shrines in Sri Lanka. Admire stunning Buddhist murals and a trove of Buddha statues, including a spectacular reclining Buddha carved out of solid rock. Then visit a spice garden in Matale to learn about the therapeutic uses of local spices. Continue to Kandy and enjoy a tour of the Temple of the Sacred Tooth Relic, an important pilgrimage site which houses a tooth of the Buddha. This evening, we'll take in a performance of traditional music at a cultural show.

Dambulla Cave Temple Visit

Sigiriya 1h-1h30m

Visit the ancient Dambulla cave temples at one of the most well-preserved temple and cave sites in Sri Lanka. See Buddhist mural paintings that line the walls of the seventh-century caves as well as a collection of hundreds of statues of Buddha in different poses.

Spice Garden Excursion

Matale

Visit a spice garden and marvel at the various spices used as natural medicines and as condiments in food.

Temple of the Sacred Tooth Tour

Kandy 1h 1km

Enjoy a tour of the Temple of the Tooth, which houses an important relic – a tooth of Lord Buddha kept in a well-preserved golden casket. Learn about the importance of this site from local guides.

Kandyan Cultural Dance

Kandy 45m-1h 1-3km

Be swept away by an entertaining performance that will provide insight into the local culture in Kandy.

Private Vehicle

Dambulla - Kandy 3h 90km

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast

Accommodation

Hotel Thilanka (or similar)

Hotel

Day 7 Kandy

Kandy served as the last capital of Sri Lanka's Sinhala dynasty before the British took complete control of the island in 1815. Spend the day exploring the city, visiting the breathtaking Royal Botanic Gardens of Peradeniya, once accessible only to the royal family. Afterward, stop by Sthree Craft Shop and Café, a G Adventures-supported social enterprise that works to empower local women and youth. View a handicraft demonstration and hear a talk about the enterprise before enjoying a tasting of local teas, accompanied by scones and pastries. Later, opt for a stroll through the city and around Kandy Lake, or enjoy a rejuvenating Ayurvedic massage.

Royal Botanical Gardens Visit

Kandy 2h-3h 10-12km

Enjoy a leisurely walk in the colourful Royal Botanical Gardens in Peradeniya. See 300 varieties of orchids of Sri Lanka as well as a range of other plants.

Your G for Good Moment: Sthree Craft Shop and Café

Stop by Sthree Craft Shop and Café, a G for Good-supported social enterprise created in partnership with The Women's Development Centre, an organization that supports training and work opportunities for local women and disabled youth from the Kandy area. "Sthree" means "women" in both Tamil and Sinhala - fitting as the shop and café is both a place for local women to hone their hospitality skills, while selling handicrafts sourced from all over Sri Lanka.

Your Journeys Highlight Moment: High Tea and Handicrafts

Visit Sthree Craft Shop and Café to indulge in High Tea and a handicraft-making demonstration from a member of the shop's training program. Sit down for a talk from one of the project organizers about what they do, while you enjoy a taste of local teas and an assortment of sweet cakes and pastries.

Free Time

Kandy

Opt to visit an Ayurvedic hospital to learn about Ayurvedic oil massage treatments or explore the well-laid out walkways of the city and don't miss the famed Palm Avenues.

Optional Activities - Day 7

Ayurvedic Hospital Visit

Kandy

Visit a local hospital to learn about the history behind Ayurveda and the role it plays in Sri Lankan society. Gain an understanding of Ayurvedic oil massage treatments and its various benefits.

Meals included: Breakfast

Accommodation

Hotel Thilanka (or similar)

Hotel

Day 8 Kandy/Nuwara Eliya

Travel through scenic mountains to the town of Nuwara Eliya, in the heart of Sri Lankan tea country. Visit a tea plantation to gain insight into the cultivation and production of this beloved beverage, and savour a cup of perfectly blended Ceylon tea. Then head out on a tour of Nuwara Eliya and its lush surroundings, once governed by English and Scottish planters, following cool, misty roads through blankets of tea bushes. This afternoon, opt to take high tea at the colonial-era Grand Hotel, originally the holiday home of Sir Edward Barnes, the fifth Governor of Ceylon.

Private Vehicle

Kandy - Nuwara Eliya 3h 80km

Settle in and scan the scenery from the convenience of a private vehicle.

Tea Plantation Visit

Nuwara Eliya 1h-1h30m 26km

The town of Nuwara Eliya produces the finest Orange Pekoe Ceylon tea, and is inhabited mainly by tea planters and plantation workers. Pay a visit to one of the factories to learn all about tea production.

Explore Nuwara Eliya

Nuwara Eliya

Enjoy a tour of colonial Nuwara Eliya and its lush surroundings. Follow misty roads, through lush green blankets of tea bushes into a cooler climate, that remind visitors of an English countryside atmosphere. Once governed by English and Scottish planters - the area still offers colonial bungalows, hedgerows and one of the finest 18-hole golf courses in the world.

Optional Activities - Day 8

High Tea at the Grand Hotel

Nuwara Eliya

20USD per person

Step back in time and enjoy high tea at the historic Grand Hotel. Enjoy a lovely setting with Elizabethan-era architecture and beautiful gardens. The building was the former mansion of Sir Edward Barnes who was the Governor of Sri Lanka during 1830-1850.

Meals included: Breakfast

Accommodation

Grand Hotel (or similar)

Hotel

Day 9 NUWARA ELIYA/HORTON PLAINS NATIONAL PARK/UDAWALAWE NATIONAL PARK

Venture out early this morning into Horton Plains National Park, a protected natural area encompassing high altitude grasslands and hilly cloud forest. Enjoy a picnic breakfast, and culminate your trek at a point known as World's End—a majestic drop that provides incredible views over the verdant plains and coastline to the south. Then continue to our tented camp on the border of Udawalawe National Park. This evening, enjoy a cooking demonstration by the camp chef, learning about local specialties.

Private Vehicle

Nuwara Eliya – Horton Plains Nature Reserve 1h-1h30m 30km

Settle in and scan the scenery from the convenience of a private vehicle.

Horton Plains Trek

Horton Plains Nature Reserve – Negombo 4h-4h30m 9km

Get close to nature and stunning scenery on this Horton Plains Trek. Hike 9km (6 mi) into the Horton Plains and walk through the clouds to discover a majestic drop that provides amazing views over the plains into the sea.

Private Vehicle

Horton Plains Nature Reserve – Udawalawe 4h-4h30m 105km

Settle in and scan the scenery from the convenience of a private vehicle.

Your Foodie Moment: Sri Lankan Cooking Demonstration

Enjoy a cooking demonstration and see how local Sri Lankan delicacies are prepared.

Meals included: Breakfast | Dinner

Accommodation

Big Game Camping Udawalawe (or similar)

Lodge

Day 10 UDAWALAWE NATIONAL PARK

A sanctuary for large herds of elephants, Udawalawe National Park is one of the best places in the world to observe these majestic pachyderms. Embark on a jeep safari through the park seeking out the abundant wildlife, including water buffalo, jackals, and various species of deer. Afterward, visit the Elephant Transit Home, a refuge and rehabilitation center for orphaned elephants. Watch the resident elephants as they feed, play, and mingle with each other, and hear from one of the facility's conservationists.

Udawalawe Reserve Safari

Udawalawe National Park 3h-4h 45km

Drive through this massive nature reserve and keep an eye out for the mighty Sri Lankan elephants – they live in abundance here and often wander along the road. Make several stops to observe these beautiful animals.

Elephant Rehabilitation Centre

Udawalawe

Sri Lanka is home to a significant elephant population – estimated at approximately 4,000. The Udawalawe Elephant Transit Home was established in 1995 by the Sri Lanka Department of Wildlife Conservation, to treat and rehabilitate injured elephants that have been found in the area – before releasing them back into the wilderness. Drop by this incredible facility to watch – rather than touch – these gentle giants as they feed, play, and mingle with each other. Meet one of the centre’s conservationists who will talk about the work they do here, including its challenges and its successes.

Meals included: Breakfast | Dinner

Accommodation

Big Game Camping Udawalawe (or similar)

Lodge

Day 11 Udawalawe/Negombo

Drive to Negombo and spend the day at leisure. This small port town has seen Portuguese, Dutch, and British rule—reflected in the architecture of the old quarter—and used to be a centre of the cinnamon trade. Choose to visit the Old Dutch Fort, step into one of the town’s ornate Catholic churches, or enjoy a stroll on the beach.

Private Vehicle

Udawalawe – Negombo 5h-6h 210km

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast

Accommodation

Jetwing Sea Hotel (or similar)

Hotel

Day 12 Negombo

Depart at any time.

Hotel check out is at 12:00pm. Your CEO can assist you with arranging an easy transfer to Colombo or the International airport.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

Meals included: Breakfast

What's Included

Your Journeys Highlight Moment: Wilpattu Safari and Conservation Talk, Wilpattu National Park

Your Journeys Highlight Moment: Agricultural Village Experience, Habarana

Your Journeys Highlight Moment: High Tea and Handicrafts, Kandy

Your G for Good Moment: Sthree Craft Shop and Café, Kandy

Your Hands-On Moment: Visit a Coconut Plantation, Colombo

Your Foodie Moment: Sri Lankan Cooking Demonstration, Udawalawe. Arrival transfer. Tour of Anuradhapura ruins. Tour the Sigiriya rock fortress. Dambulla cave temple visit. Visit a Matale spice garden. Tour the Temple of the Tooth. Cultural show. Visit the Royal Botanical Gardens. Tour Nuwara Eliya area and a Ceylon tea plantation. Hike in Horton Plains National Park. Safari drive in Udawalawe National Park. All transport between destinations and to/from included activities.

Highlights

Explore ruins and archaeological sites with local experts, take in a lecture on elephant conservation, search out leopards at Wilpattu National Park, enjoy a taste of tea at its source, learn about local ingredients and flavours during a cooking demonstration

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Itinerary Notes

There are new Health & Safety Protocols for National Geographic Journeys tours. Please see [here](#) for full details and up-to-date requirements as they may change.

Important Notes

1. Some culturally significant sights in Sri Lanka may not allow entry to people wearing hats or hijabs, or to those with covered faces. Examples of cultural sites with such restrictions may include, but are not limited to, the Sri Maha Bodhi Tree section or the Anuradhapura Cultural Site, the Dambulla Cave Temple and Temple of the Tooth in Kandy.
2. Displaying body art or wearing clothing that includes an image of the Buddha is illegal; please be culturally sensitive and respect the law and should you have any such tattoos, keep them covered at all times.
3. Traveling by road in Sri Lanka is certainly not what people are use to in Western countries. Many road ways are single lane, rules are not always followed, drivers appear to speed, do not stay in their lanes, and overtake in seemingly dangerous situations. Although there are some improvements in the works to the road infrastructure, there is a lot more to be done. As a result, some of the roads are poorly maintained, and this gets even more pronounced during and after the monsoon. As a result, travel time covering relatively short distances is very long in comparison to Western countries.
4. ACCOMMODATION NOTE:
Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 15, avg 12

Meals Included

11 breakfasts, 1 lunch, 3 dinners

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Private vehicle, boat, 4x4, walking

Solo Travellers

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Accommodation

Hotel/lodges (8 nts), tented camp (3 nts).

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

Joining Instructions

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included in this trip when you arrive on Day 1, or if you arrive up to three days prior to the tour, and provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Please look for our driver who will be waiting for you with a National Geographic Journeys Sign with your name on it.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer providers directly at:

Chaminda Paranavitana
Tel.: (+94)112 308 308 | Ext.: 5917 |
Mob.: (+94)77 5222 800 (+94) 70 585 3952

Tharanga Siriwardhana
Mob: +94 77 642 4060

EMERGENCY CONTACT NUMBERS

G Adventures South Asia Manager, Sorab Jassawalla (Delhi, India)
>From outside of India: +91 8851806614
>From within Delhi: 8851806614
>From within India, but outside Delhi: 0 8851806614

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0344 272 0000
Calls from Germany: 0800 365 1000
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Finishing Point Instructions

Marawila is a small fishing village located on the Northwest coast of Sri Lanka, close to Colombo and a short drive away from the International Airport.

What to Take

We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Hard suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!). You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

Packing List

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags

- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test (optional)

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Sleeping bag liner/sleep sheet

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Note: During the months of May-Jul is the rainy season, so please make sure to pack waterproof clothes.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

As of Jan 2013 the exchange rate for Sri Lanka was 1 USD = 128 LKR (Sri Lankan Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from USD1-2 per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline USD20-30 per person, per week can be used.

Optional Activities

Kandy
- Ayurvedic Hospital Visit

Nuwara Eliya
- High Tea at the Grand Hotel (20USD per person)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEO are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our group CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions. Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s). Swimming, including snorkeling, is always at your own risk. Read more about travel safety for ways to further enhance your personal safety while traveling.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting small rural communities or visiting temples or mosques or other holy sites as this may restrict your entry.

Sri Lanka is conservative and you should dress accordingly. As a general guideline shoulders and knees should be covered at all times. The wearing of shorts is not allowed as it will restrict your entry into buildings of a religious nature and family homes. A light water and windproof jacket is useful and a hat essential.

Beach attire is appropriate when on the beach.

NB: During our trip there will be many opportunities for you to meet with locals. One way to start any conversation is with pictures. We recommend that you bring some photos/postcards of your family, home, city or country where you live, animals peculiar to your country etc.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.