

Sri Lanka Family Island Explorer

Trip Code: FSL

Version:

MA

MULTI ACTIVITY



FAMILY



LEISURELY



HIGHLIGHTS

- Visit orphaned baby elephants at the Elephant Transit Home at Udawalawe
- Explore the rock fortress of Sigiriya, go on safari to see leopard and elephants
- Make a batik, visit a temple and go whitewater rafting!
- Relax at the end with 2 days on an Indian Ocean Beach, Sri Lanka

AT A GLANCE

- 13 days multi-activity and sightseeing including short walks
- Max altitude - 2200m
- SWIMMING: Available on 9 nights at the hotel pool and in rivers
- Join at Colombo

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Setting out to explore Sri Lanka's great variety, on this family adventure holiday to Sri Lanka we see many of its most colourful attractions - towering waterfalls, spice gardens, Indian Ocean beaches, historic towns and some of the Buddhist world's most remarkable temples. After a village walk and a visit to the amazing rock fortress at Sigiriya, we travel to the 'hill-capital' of Kandy, where we have the chance to make our own souvenir batik. We then have a session of fun whitewater rafting on the Kelani River, before heading up to Newara Eliya, to visit a tea plantation and hike to the dramatic viewpoint at World's End. We also visit the orphaned baby elephants at the Elephant Transit home. Jeep safaris at Udawalawe and Yala take us close to wild elephants and maybe even an elusive leopard, before we round off this great holiday with 2 days at the coast for surf, sand and optional watersports.

Is this holiday for you?

Suitable for children of 6 years and upwards.

Designed with children in mind, this holiday includes fun activities, wildlife viewing/safari's, a couple of short walks and sightseeing visits. The holiday also includes a short whitewater rafting trip, children must be over 11yrs old to take part, and all participants must be able to swim unaided for 25 metres. All safety equipment (buoyancy aids, helmets, etc) and professional guiding is included. The rafting will depend on the river conditions but is usually grade 3-4, it will not be harder. The longest walk will take 3 hours, with lots of stops to rest and enjoy the ever-changing scenery. In order to visit as much of this fantastic country as possible in our two weeks, there is a reasonable amount of driving involved, the transfers are 3 - 5 hours. We also have jeep safari's and a visit to the elephant transit home to see baby orphans. We end with a couple of days at the beach to relax and enjoy the Indian Ocean.

Itinerary

Version:

Holiday Information

What's Included

- An experienced English-speaking local leader
- Single timed Colombo Airport transfers
- All land transport involved in the itinerary
- All meals
- Rafting excursion at Kitugala with qualified river guides and all safety equipment (over 11yrs only)
- 1 jeep safari at Udawalawe and Yala National Parks
- Batik making at Kandy

What's not Included

- Travel insurance
- Visa fees (if applicable)
- Departure tax on leaving Colombo (if applicable)
- Tips for trek staff and hotel staff
- Optional excursions as in the itinerary
- Miscellaneous expenses - soft drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the group hotel in Sigirya.

A single timed transfer from Colombo Airport to the group hotel in Sigirya (3hrs) is provided in the morning on Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single timed transfer to Colombo Airport for flights departing at lunchtime.

Anyone may join the group transfers by prior arrangement. Travelling as a group saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals included from lunch on day 1 to breakfast on day 14.

Food & Water

Sri Lanka's rich history includes several periods of colonisation which have influenced the country's cuisine. The staple food of Sri Lanka is rice, which is boiled or steamed and served with a variety of curries ranging from very mild to very fiery. A typical Sri Lankan meal would consist of a main curry of fish, beef, chicken or mutton, accompanied by several other side dishes made with vegetables or lentils, pickles, chutneys and 'sambols' - a spicy condiment made of ground coconut or onions mixed with chilli, dried fish and lime juice. Other Sri Lankan foods include Hoppers - rice pancakes commonly eaten for breakfast and lunch, and lamprais - a dish of Indonesian / Dutch origin comprising of rice cooked in a meat stock and slowly baked in a banana leaf with a variety of meat and vegetable sides. In the majority of tourist hotels including the ones we shall be using for this trip it is also usual to find several Western dishes offered on the menu.

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

Accommodation

During the holiday we will use comfortable hotels and guesthouse accommodation chosen for its suitability for family groups. On 9 nights our hotels have swimming pools.

Children under the age of 12yrs will usually share rooms with their grownups. This might be a twin, triple or quad room, a double with an extra bed, or multiple rooms depending on the number of family members.

If you are travelling with children over the age of 12yrs, you will be in separate rooms or sharing twin/multi-bed rooms.

Please talk to us about your requirements and we will do everything to ensure that you are happy with your rooming allocation.

Additional hotel nights are available pre and post the holiday. Hotels are subject to availability and prices may vary. Please contact the office for further details.

Group Leader & Support Staff

There will be an English-speaking Sri Lankan tour guide, together with one or more support vehicles and drivers. Or a guide/driver for smaller groups. Qualified whitewater rafting guides will look after the group during the trip on the Kelani River.

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2000 metres.

Spending Money

Approximately £600 per family (2 adults and 2 children) should easily cover all personal spending including tips for local staff, optional activities, refreshments, hotel bar bills etc. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Also, if you expect to buy considerable quantities of soft drinks or beer, you should make an allowance for this. It is not necessary to purchase local currency (Sri Lankan rupees) prior to travelling. You can bring at least some of travel money in the form of cash and exchange it into local currency on the day of your arrival in Sri Lanka. You can take money directly out of the ATM's in the larger towns that we travel through. Sterling, US Dollars and Euros are equally easy to exchange in Sri Lanka.

Optional extras:

All prices are subject to change.

- Cultural Dance in Kandy \$5 per person
- Jeep safari in Minneriya National Park \$45 per person
- Extra jeep safari in Yala National Park \$45 per person

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and crew. They do not form part of their wages. KE always pays local staff the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. For your local staff we recommend that you give a tip if you feel that their services have met your satisfaction. We suggest a tip to your leader the equivalent of US\$20-25 per family member (with perhaps a little more for small groups of five or less).

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

The Sri Lanka visa on arrival costs \$60. This fee must be paid in US dollars in good condition, along with a recent passport photo.

An online e-visa is also now available for \$50, although this has been withdrawn without notice in the past.

If you would prefer to get an e-visa in advance, to take advantage of the discount available and to limit time spent in the airport on arrival, then you can visit the official website: www.eta.gov.lk

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transitted for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Currency

The unit of currency in Sri Lanka is the Sri Lankan Rupee.

Climate

Sri Lanka has a typically tropical climate with an average annual temperature of 27°C at sea-level. It is, of course, cooler at higher elevations, with annual average temperatures of 20°C in Kandy, dropping to 16°C at Newara Eliya. Year round, the conditions in the hill country are pleasant for hiking, with cool evenings. Bright, sunny, warm days are the rule and are common even during the height of the monsoon - climatically Sri Lanka has no off season. The south-west monsoon brings rain from May to July to the western, southern and central regions, while the north-east monsoon brings rain to the northern and eastern regions in December and January.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: [KE Family Adventure Holidays general information](#).

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Comfortable walking shoes / Trainers
- Teva style sandals or old trainers (for the rafting)
- Socks & underwear
- Quick drying trousers / Trousers / Shorts / Skirts
- T-shirts / shirts (long sleeved loose-fitting are good for sun protection)
- Light fleece jacket or warm jumper
- Waterproof jacket
- Waterproof overtrousers
- Sunhat with wide brim
- Sunglasses
- Swimwear
- Small towel
- Headtorch & spare batteries
- Water bottles 2 x 1 Litre (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Daypack 20 to 30 litres (depending on how much of the kids' stuff you need to carry)
- Selection of dry bags (to keep rucksack contents dry)
- Washbag and toiletries
- Sun cream
- Antibacterial handwash
- Basic First Aid Kit - Antiseptic cream, throat lozenges, diarrhoea treatment (Immodium), painkillers, plasters, blister treatment, Insect repellent (DEET), antihistamine cream and tablets, and re-hydration salts (Dioralite).

The following items are optional:

- Buff or scarf (for dusty jeep roads in the National Park)
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera

- Snorkel & mask
- Flipflops
- Rash vest
- Reusable cloth bag for shopping (to avoid plastic bags)

Note:

At religious sites it is necessary to cover shoulders and wear long trousers or a skirt that extends below the knees. You also have to remove hats and shoes. The stone floors can be very hot so it is a good idea to take a pair of socks that you can put on when visiting temples.

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining Colombo. A single timed transfers are included.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Colombo.

Outbound flights will depart from the UK at lunchtime, arriving in the early hours of the following day (day 1 of the itinerary). Return flights will depart Colombo at lunchtime of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

Compared to similar holidays our Family Sri Lanka Adventure includes more fun elements to keep you and the kids entertained in this fascinating country, as well as a real cultural insight. We offer a GREAT child price plus all meals are included too!

Please Note This document was downloaded on 21/12/2024 and the trip is subject to change