

Temples and Tea Trails of Sri Lanka

Trip Code: SLT

Version:



WALK & TREK



GUIDED GROUP

MODERATE



HIGHLIGHTS

- Watch the sunrise from the summit of Adam's Peak and climb Lion's Rock
- Trek to World's End and in the pristine Kandyan jungle
- Game drives and Wildlife viewing in Udawalawe and Wilpattu National Parks
- Walk through tea plantations, ride the train to Bandarawela and take 'high tea' at The Grand
- Relax on a stunning south coast beach and visit the walled city of Galle

AT A GLANCE

- 6 days walking
- 6 days touring and sightseeing
- Max altitude - 2243 metres
- Join at Colombo

ACCOMMODATIONS & MEALS

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

Introduction

With its emerald-green tea plantations, high mountain ranges, vast forest reserves, tropical coastline, and colourful hindu and buddhist temples, few places can rival the geographical and cultural variety of Sri Lanka. This two week walking and cultural discovery holiday in Sri Lanka takes in all the most famous sites and also takes us 'off the beaten track' to discover wild and secluded parts of this tiny paradise island. We've included walks in the Kandyan Jungle and time trekking through tea-country in the Namunukula range, across the famous Horton Plains to 'World's End, and a climb to the summit of the sacred Adam's Peak (2243m) to catch the sunrise. Sri Lanka is bursting with historical and archaeological highlights, so visits to the ancient cities of Anuradhapura and Polonnaruwa, the natural rock fortress of Sigiriya, the cave temples of Dambulla, the dutch fortress of Galle and the former capital of Kandy, home to the 'Temple of the Sacred Tooth Relic', are also a shoo-in! Also included is some well-earned R&R time on the beautiful south coast beaches of Mirissa and wildlife safaris in two of Sri Lanka's quieter National Parks, Udawalawe and Wilpattu. Much more than a walking tour, this holiday offers a real insight into Sri Lankan culture, both historic and modern, and takes you to the heart of this spectacular island nation.

Is this holiday for you?

The aim of this holiday is to get out on foot and see the 'real' Sri Lanka and also to enjoy the best of the varied hiking the island has to offer. We will be walking on good jungle tracks and trails through tea plantations, forests and between villages. We may encounter some slippery conditions, and some tree roots, on the forest trails! There are 5 days when we do a reasonable amount of walking, averaging about 5 hours on each of these days. The ascent of Adam's Peak involves 4 hours up and 2 hours down on a challenging series of more than 3000 steps! In order to catch the sunrise most of this ascent is made at night. During the Pilgrim season (December to May) the entire trail is lit with electric lights. Outside of this season we will make the ascent by the light of our head-torches. In order to see as much of Sri Lanka as possible a reasonable amount of driving is unavoidable; the transfers are however generally short (2-3hrs) and scenic.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single-timed Colombo Airport group transfer at the beginning and end of the trip
- All land transport involved in the itinerary
- All accommodation as described
- Meals as detailed in the Meal Plan
- Guided sightseeing and entrance fees as indicated in the itinerary
- A full service when trekking including food and all equipment (not personal equipment)

What's not Included

- Travel insurance
- Colombo Airport transfers (other than group transfers)
- Tips for local staff
- Some meals as detailed in the Meal Plan
- Miscellaneous expenses - soft drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the group hotel in Anuradhapura. A single timed transfer from Colombo airport will be provided on Day 1.

On the last day of the holiday there will be a single timed transfer back to Colombo Airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport 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 breakfasts, 4 lunches (3 packed lunches and one 'late lunch' of high tea at the Grand Hotel on Day 8) and 12 dinners are included in the holiday price. You will need to pay directly for 2 dinners and 8 lunches. Dining out is not expensive in Sri Lanka and we suggest a budget of £50 - £75 should adequately cover none included meals.

Food & Water

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.

Sri Lanka's rich history includes several periods of colonisation and this has helped create an exotic cuisine, which includes influences from India, Portugal, The Netherlands, Malaysia and a host of other world flavours! 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 extremely 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 hotels and restaurants it is also usual to find several international dishes offered on the menu, so there will be something here for everyone.

Accommodation

We will spend 2 nights near Anuradhapura and 1 night near Sigiriya, in comfortable hotels with swimming pools.

In Kandy we will have 1 night a well located hotel, close to the Temple of the Tooth.

We will spend 2 nights at the comfortable Polwatha eco-lodge, set in the heart of the Kandyan Jungle, surrounded by nature.

The night before our early hours approach to Adam's Peak will be spent at a simple guest house close to the start of our walk, where we can take a few hours rest ahead of our early morning climb.

For our nights in Nuwara Eliya and Bandarawela we stay in a well located and comfortable hotels.

In Udawalawe we spend 1 night in a comfortable hotel, in picturesque surroundings, just 10mins from the park gates.

Our base for our 2 nights on the coast will be a stunningly located hotel right on the sea front.

Our final night will be spent in a comfortable hotel in Katunayake, near to Negombo Lagoon, and Colombo (Bandaranaika) International Airport.

Rooms are en suite throughout. All accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

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 £200 (or equivalent in US dollars, Euros etc) changed into local currency (rupees), should be allowed for tips, soft drinks, snacks, non-included meals and miscellaneous expenses. Alcoholic drinks and souvenirs are additional so you may wish to budget for these. It is not necessary to obtain local currency (the Sri Lankan Rupee) prior to departure. You can choose to take your money in pounds sterling, dollars or euros. There will be the opportunity to change money into local currency on arrival at the airport and your local leader can advise the best places to change money en-route. Additionally, you will be able to get currency from ATMs at the airport and in many of the towns that we will visit. Credit cards are useful and it is a good idea to carry one in case of emergency. When changing your travel money you should obtain a quantity of small bills for tips to hotel staff.

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local support staff. Tips do not form part of their wages. KE always pays local crews 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 recommend that tips to local staff are presented from the group as a whole and suggest a contribution of approximately £50 changed into local currency will provide a sufficient pool to provide good tips to all your local staff. If you are part of a small group you may wish to contribute more to the general pool.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffle bag, and one 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.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 3 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

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 perfect for trekking with pleasantly warm days. At lower elevations and at the coast it can get quite hot around the middle of the day and evenings are generally pleasantly warm. Sri Lanka is subject to two monsoonal influences. 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. However these monsoons are not as pronounced as the Indian Monsoon and bright, sunny, warm days are common even during the height of a 'monsoon' season. From the point of view of the visitor, Sri Lanka has no 'off season'.

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.

Books

- Sri Lanka. Lonely Planet Guide.
- Footprint Sri Lanka. Footprint Guides.
- Sri Lanka: The Bradt Travel Guide.

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.

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:

- Hiking boots
- Trainers or similar for traveling, sightseeing etc.
- Sandals for the beach
- Socks
- Walking socks (2 or 3 pairs)
- Spare laces

- Trekking trousers pants
- Lightweight waterproof overtrousers
- Underwear
- Shorts
- Thermal base-layer shirts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Warm fleece gloves
- Daypack: c. 30 litres
- Torch or headtorch
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Insect repellent - (DEET)

- Personal first aid kit, including: Antiseptic cream, throat lozenges, diarrhoea treatment (Immodium), painkillers, plasters and blister treatment and re-hydration salts (Dioralite)

The following items are optional:

- Trekking poles
- Antibacterial handwash
- Small towel
- A smarter top (not compulsory, just for those wanting to dress up a little for high tea at the Grand Hotel!)
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

NOTES

When visiting temples/sacred sites it is respectful to have your shoulders and knees covered. Please consider this when packing.

During sightseeing tours you will also be required to go barefoot at many sites, so it is wise to pack some footwear that can remove easily.

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.

Why Choose KE

Why KE

New and Improved Itinerary! In response to feedback from our travellers, we've recently improved our itinerary to allow more time walking, sightseeing, and exploring, and less time driving. Also requested was more time to discover the walled city of Galle, and a chance to visit some of Sri Lanka's most peaceful wildlife reserves. You asked and we listened.

Please Note This document was downloaded on 21/11/2024 and the trip is subject to change