



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

SRI LANKA

The Classic & Complete Adventure

13 Nights Light Hiking & Cultural Discovery

ABOUT THIS TOUR

Sri Lanka may be India's southern cousin but it differs enormously as it's Buddhist by nature and a smaller, tropical country with a blend of lush green botany and an enigmatic culture that has opened its doors to travelers for decades. Sri Lanka holds many delights and travel between destinations is not too long. Our tour covers a wide range of aspects such as beautiful nature, colorful temples, wonderful coastlines and hill plateaus, colonial towns and rural village life. This tour penetrates the soul of Sri Lanka and the wonderful people. We welcome you to discover Sri Lanka and with Adventurebug!



IS THIS TOUR FOR ME?

This trip is lightly active in the sense that we'll be on our feet daily – though it's not classified as a hiking tour. We'll visit temples and rural villages – explore National Parks, tea & spice plantations and game reserves too. If you are seeking a destination that has a tropical climate and wonderful blend of topography, nature and both colonial and indigenous history, this is a perfect tour for you!

TOUR STANDOUTS

- * Diverse landscapes from soaring Tea laden hills to jungles, ancient plantations and tropical coastlines.
- * Engaging local cultural aspects with an emerging music, art and culinary scene.
- * Friendly, welcoming people eager to share their unique culture and make us feel most welcome.
- * An opportunity to give back to the Developing World communities and to spread a message of peace and unity.

Tour Begins – Colombo, Sri Lanka – Airport Code CMB

Tour Finishes – Colombo, Sri Lanka



SRI LANKAN HIGHLIGHTS

- * Visits to jungle landscapes teeming with nature.
- * Meet local village folks and observe how they go about their daily lives – and sample the local cuisine!
- * Enjoy a safari drive within Sri Lanka's protected natural spaces where elephants rule the road...
- * Visit a Tea Plantation and other areas of natural beauty beyond imagination.
- * Visit the wonderful south coast and stay along this lush corridor and seascapes in a tropical paradise!
- * Explorations on foot to hidden Temples and stroll around colonial towns.
- * Take a boat excursion down a jungle river with crocodiles, monkeys and bird life in full view.



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Day 1: - ARRIVAL DAY



Welcome to Sri Lanka, an enchanting island with a fascinating heritage known as the “jewel” of the Indian Ocean. Upon arrival at the airport in Colombo, meet and transfer to the hotel in Negombo (20 min). If you reach the hotel by midday, we can take a leisurely stroll on the beach and see your first Sri Lankan sunset – if you are earlier a longer hike can be arranged too. Overnight Negombo / Hotel TBA / Meals: Dinner

Day 2: - NEGOMBO SEASIDE & CITY TOUR

Our first official tour day! Early morning walking tour in the Negombo fish market as the fresh catch of the day arrive on boats for fish auctions. Return to the hotel for a hot breakfast followed by a tour of Negombo; a colourful 17th century city on the west coast. Our tour includes a visit to the 17th-century Dutch Fort now housing a prison plus Negombo Lagoon, lined with fishermen’s huts – feeding into the Dutch-era Hamilton Canal. We also visit the Neoclassical St. Mary’s Church, completed in the 1920s - featuring a ceiling decorated with vivid religious paintings as well as strolling the Esplanade and time permitting more time to walk the beach. Overnight Negombo. Meals: B & D

Day 3: - HABARANA & MINNERIYA NATIONAL PARK

Drive 3 hours to Habarana and check in to hotel. Time to freshen up before heading for your first chance to spot the wild elephant herds of Sri Lanka at Minneriya National Park. Dominated by the ancient Minneriya Tank, a reservoir created by the Anuradhapura Kingdom. The park is abundant in lush tropical forest and wetlands that provide shelter for sambar deer, buffalo, and crocodiles. Drive along a scenic route back to your hotel with time to freshen up at the hotel before a lovely dinner together. Overnight Habarana / Hotel TBA /. Meals: B,D



Day 4: - HABARANA RURAL VILLAGE EXPERIENCE



A day in the life of a Sri Lankan village with a home hosted lunch. Arrive in a tiny settlement of less than 2,500 people where they harvest their own food, raise cattle and barter for daily goods. Walk along paths where medicinal wild ginger grows and laundry is strung between trees. See hundreds of colourful butterflies fluttering and hovering along the low shrubs. Life is



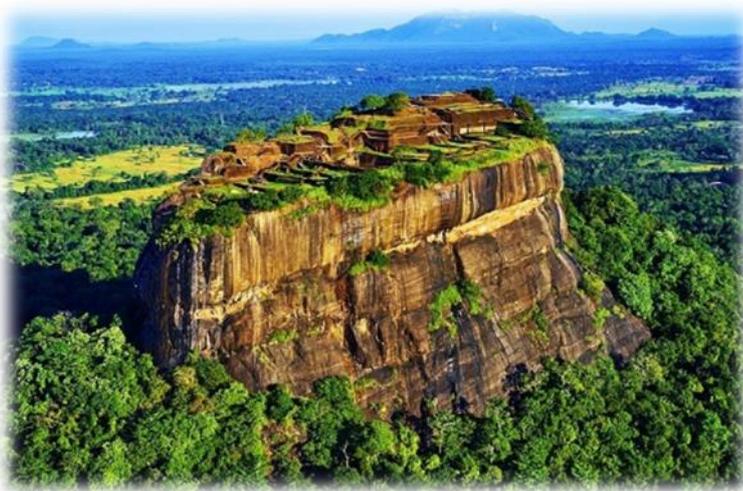
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simple here away from the stress of a bustling metropolitan city. Enjoy this tiny glimpse into the everyday life of the rural people – including a visit to a local house where you are warmly greeted by a family to enjoy a typical Sri Lankan lunch of rice & curry. After lunch we visit the ancient UNESCO World Heritage Site of Polonnaruwa from where the kings ruled Sri Lanka for over eight centuries. Overnight Habarana. Meals: B,D

Day 5: - SIGIRIYA ANCIENT CITY & KANDY



A great day awaits you in the cultural center of Sigiriya, where a thriving ancient city once existed. At the Sigiriya Rock Fortress, dating back 1500 years, we enjoy exhilarating views over the surrounding area of covered moats, lily-ponds nestled in water gardens and quiet shrines. Rising from the central plains, this iconic rocky outcrop is surely Sri Lanka's most dramatic sight! Near vertical walls soar to a flat-topped summit that contains the ruins of an ancient civilization - thought to have been the epicentre of the short-lived kingdom of Kassapa. Continue to the UNESCO World Heritage site of Dambulla to view the golden

temples, statues, grottos and huge wall paintings in this extraordinary rock sanctuary – an inspiration for Buddhist pilgrims. We then buy fresh vegetables from a food market for your chef-led cooking demo of Sri Lankan cuisine using coconut milk, curry and spices – which you'll enjoy as a lunch at a local restaurant! After we'll visit a spice garden which showcases most of the spices Sri Lanka is famous for and then proceed to Kandy, the last capital of Sri Lankan Kings. Check into hotel in Kandy and pre-dinner happy hour! Overnight Kandy / Hotel TBA /. Meals: B,D

Day 6: - KANDY

In Kandy we visit the golden roofed temple of the Tooth Relic, a UNESCO site. This Buddhist temple is believed to house a tooth of Buddha. Explore the temple housed in the royal palace complex of the former Kingdom of Kandy visited by both locals and tourists - bearing flowers and incense throughout the day in this place of worship. Later we enjoy the pleasure garden at Peradeniya including an Upper Lake drive plus the Kandy market square - known for colourful treasures!

Tonight we'll dine at a home hosted dinner to enhance our experience and understanding of the warm Sri Lankan culture. Overnight Kandy. Meals: B,D





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Day 7: - TEA PLANTATIONS OF NUWARA ELIYA

This morning we drive to Nuwara Eliya through Ramboda and learn about the production of Sri lankan tea. Learn about the growing and harvesting of tea as you walk through the terraced fields to a Tea Estate & factory to observe the processing of the leaves. You'll witness how tea is graded and packed along with a sampling of many different varieties of "Ceylon" teas. Our walk takes us through the verdant terraced tea fields and the vistas are out of this world. Nuwara Eliya town contains lush rolling hills and generations of tea workers make it a unique colonial town. We'll visit the old post office and have a tuk tuk ride through the village streets. For lunch we'll eat at a local restaurant in the historic colonial town. Overnight Nuwara Eliya / Hotel TBA /. Meals: B,D



Day 8: - HORTON PLAINS CLOUD FOREST



Today we visit the infamous 'Horton Plains' also known as World's End due to its unique topography. World's End is 20 miles from Nuwara Eliya and is Sri Lanka's highest plateau at an elevation of 7,200 ft. It's classified as a "Cloud forest" and an early departure to visit the region is necessary as mist obscures the view thereafter. The incredible view at the site is considered to be the finest in all Sri Lanka. The terrific escarpment drops vertically for about 1,000ft and falls away almost as steeply for another 4,000ft. In the morning a crescent of silver of the Indian Ocean rims the horizon some 50 miles to the south – it's

a sight to behold. Afternoon at leisure today and an option to do a walk in the beautiful surroundings before a sumptuous dinner at the hotel. Overnight Nuwara Eliya. Meals: B,D

Day 9: - ELLA GAP & YALA NATIONAL PARK

This morning travel by train (pending operational status), or a scenic drive to hill town of Ella. Our journey through mountains and valleys covered with velvet green tea plantations to the hill town of Ella is breath-taking. Leaving the tea plantations behind, disembark at



the Ella Gap. The day ends at magnificent Yala National Park, a reserve with a national park that encompasses a vast wilderness of grassy plains, scrub jungle, lakes, and wetlands with the highest density of leopard in Asia. Dinner at our lodge in Yala National Park. Overnight Yala / Hotel TBA /. Meals: B,L,D



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Day 10: - YALA NATIONAL PARK SAFARI EXPERIENCE

Free exploration time around the lodge this morning before our afternoon Jeep Safari where you'll experience the best of the country's natural wildlife and unique landscapes. Set out in a 4x4 with an expert guide who will share facts about the wildlife and local customs. Spot colourful storks perched at the shores of the lagoon near dozing crocodiles. If you're lucky, gaze at distinct Sri Lankan leopards, which can be seen throughout the park or perhaps a sloth bear, water buffalo, monkeys, reptiles and of course Elephants. Catch sight of raptors, including crested serpent eagles and white-bellied sea eagles. Around the lagoons, perhaps see flamingos, pelicans, spoonbills, rare black-necked storks, grey herons, and darters. An astonishing day! At tonight's dinner at the lodge, compare stories of today's adventure. Overnight Yala. Meals: B,L,D

Day 11: - WELIGAMA BAY / SEASIDE OPTIONAL ACTIVITIES

Drive the coastal road to Weligama Bay, literally the sandy village. Located on the Indian Ocean near Sri Lanka's most southerly point with rolling surf, abundant snorkelling and wonderful beach scenery, we stay 2 nights at this idyllic location! Weligama is rich in history and beauty with calm blue mangrove-fringed lagoons – a paradise!

The afternoon is yours to enjoy sea-based activities like whale watching, snorkelling, bathing or a beach stroll and

yoga or just relaxing next to the azure waters of the Indian Ocean. The above listed activities are not included in the tour price and we can help you organize a reservation. Overnight Weligama Bay / Hotel TBA /. Meals: B,D



Day 12: - GALLE COLONIAL CENTER



Morning drive to the colonial town of Galle, the "jewel of the south", full of exotic scents of spices and fresh sea breezes. On route, see the famous stilted fishermen that perch on handmade structures of wood over the ocean to catch their fish. Arrive at the historic Galle Fort, built in the 1500s by the Portuguese and extensively restored after the 2004 tsunami. Admire the sights in town including the colonial quarter, St. Mary's Cathedral and the picturesque natural harbour. Afternoon visit to a nearby temple, where you learn the art of silent

meditation from a Buddhist Monk. Return to Weligama Bay for our overnight stay. Meals: B,D



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Day 13: - MADU RIVER CRUISE & COLOMBO

Depart towards Colombo and enjoy a scenic morning cruise along the calm Madu River passing scores of islets forested with mangroves and lush vegetation. We also visit the 200-year-old Kothduwa Buddhist temple and nearby watch cinnamon being cultivated in the traditional way. During our cruise watch for migratory birds, crocodiles, monkeys and at the turtle hatchery we'll learn about rescue efforts and protection of turtle eggs. Late afternoon we arrive to Colombo, the nation's capital for our final night on tour. Check in to Hotel and farewell dinner this evening. Overnight Colombo / Hotel TBA /. Meals: B,L,D



Day 14: - DEPARTURE DAY FROM COLOMBO (Optional Visits)



Depending on your departure time, we offer an early morning walking tour of Colombo's old port and old city markets plus the bustling Pattah and its bazaars. After breakfast we will have suggestions if you have more free time.

Please note, since many international flights leave in early hours out of Sri Lanka, you might not be doing this morning walking tour, but your room is still booked this morning until **12 noon** with breakfast. Your transfer from the hotel to the International Airport is included regardless of what hour you depart. Meal: Breakfast only today.

WHAT'S INCLUDED IN YOUR TOUR

- 13 nights accommodation (twin share) all rooms have internal ensuite facilities (single rooms are limited)
- All meals as per itinerary
- All land transport in private A.C. microbus with driver / including baggage transfers to and from hotels.
- Private airport-hotel transfers at beginning and end of tour.
- Additional Transfers built into tour include a train ride, scenic boat tour and a tuk-tuk riding experience
- Full time Guiding and Tour management services team.
- Entrance Fees and / or guided visits as per itinerary
- **All Tips** included - covering meals, baggage handlers, guides, general assistance, drivers, restroom stops.
- Taxes and Administration fees (prices are Net with no hidden fees)



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WHAT'S NOT INCLUDED

- Flights (International to and from Sri Lanka)
- Sri Lankan Visa (see note below)
- Private insurance (emergency, evacuation, trip cancellation, etc.)
- Medical expenses and / or services required on tour
- Additional services such as telephone, laundry, private transfers and additional activities on day 11
- Beverages at meals and personal drink such as alcohol, soft drinks, etc.

SRI LANKA – The Facts

What to Expect?

Sri Lanka is a voyage of inner and outer travel that is best managed by those with a healthy and hearty **attitude**. This country may test your physical and emotional capacities yet, with the right perspective, enhance your spiritual connection to what is really important. Sri Lankan people are friendly and welcoming and accustomed to international visitors. Our travels are generally by private airconditioned coach and our longest journey is 4 – 5 hours max with most being shorter. We have ensured 2 nights stay minimum at every destination with plenty of time to stroll around our destinations and take in the sights!

What's the food like?

Generally Sri Lankan food is milder than its northern neighbour INDIA. The food is similar in many ways to the tasty south India diet – plenty of rice, fresh vegetables, dahl (lentils), and lots of fruit! Sri Lankans are generally light meat and fish eaters despite it being a Buddhist country, vegetarianism isn't as prominent as other religious nations. As travellers, we'll also find familiar tasty curries (mild in spice on request) and of course international food. Beer and of course spirits like gin are readily available. Bottled water is always the recommended beverage opposed to tap water.

What to Bring and What to Wear?

As always travel light, bringing easy to wash travel wear and comfy walking shoes (not trekking boots). Light layers, a sun hat and some relaxing evening wear for our cosy hotels. A medium size rolling suitcase is fine and a light day pack to carry your water bottle, camera and guidebook or journal. Bring prescription medicines, toiletries, extra glasses, hand wash and camera batteries.

Weather – What to Expect?

Sri Lanka is a tropical country and has a January average high of 81 F and a low of 72 F. January is the dry season so rain storms don't exist and the humidity is lower than the wet season of May – September. This is a pleasant time to travel. The highlands will bring us slightly cooler temperatures at night but the days remain hot.

Money and Expenses in Sri Lanka?

The Rupee is the currency and the exchange is approximately 1\$US = 179 SRI (February 2019)
Costs for general goods is very cheap still – bottle of water is about 35 cents US in the market and up to a dollar in restaurants. Beer and soft drinks about 20% more. Shoppers tend to buy crafts, gifts and clothing in Sri Lanka at a very good rate.

Communications?

All hotels have internet and wifi connection. Some rooms will have better connections than others and there's always a public area (ie. Lobby or bar), that has the strongest signal. Cell phones will work in Sri Lanka with no problem depending on your contract with your server from home – ensure your ROAMING for both cell calls and data are turned on if you require these services.



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Electric Plugs?

Sri Lanka utilizes the 3-prong plug found in the UK (type G). Please note that 240 volts is the standard.



HEALTH Concerns & Vaccinations?

We visit Sri Lanka during the best period (dry season) and this is the healthiest time to travel. Outside of rare cases of 'Delhi Belly' - from adjusting to the food, most travellers to Sri Lanka find few irritations or health problems. Common sense should be practiced however such as regular hand washing before meals; utilizing mineral water; avoiding foods too spicy at first and generally taking care of yourself (mediate alcohol consumption and get plenty of rest). For full and updated traveller's health information on Sri Lanka, please visit the (WHO) World Health Organization website (<https://www.who.int/countries/lka/en/>) For vaccinations for Sri Lanka, the following are recommended: standard vaccinations for the tropical zones...Tetanus, Hep A / Hep B / Typhoid. Sri Lanka was declared Malaria Free by the World Health Organization as of 2016. Dengue

fever and Zika exist but dengue outbreaks primarily in the rainy season. Yellow fever is not in the country. Updated vaccinations for travel to the country is recommended 6 months prior to travel.

SECURITY Issues?

Sri Lanka is divided between poverty (for the majority) to extreme wealth – centered in Colombo. Despite its very spiritual nature, we as western visitors carry more materialism and wealth on one vacation than some have in a lifetime. Opportunists such as pick pockets and petty thieves exist. Outright muggings and violent attacks are rare. All our hotels and destinations are secure and like anywhere, care should always be practiced in the evening. The risk of terrorism is, like anywhere in the world, unpredictable. Between 1983 and 2009 Sri Lanka suffered from a civil war – primarily in the extreme north, but the cease fire has held. Our itinerary avoids former conflict zones and is very much in the tourist quarters of the country, particularly the center and the south - statistically peaceful regions. For information regarding the US State Department assessment of security in Sri Lanka, please visit: <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/SriLanka.html>

PASSPORT and Sri Lankan VISA

A Visa is required for all USA, European and Canadian / Commonwealth Passport holders. Be absolutely certain that your passport is valid for travel to / from Sri Lanka and that you have the appropriate VISA. Fortunately, the Government of Sri Lanka has a convenient ON LINE Visa Application for tourists. Please refer to this State of Sri Lanka site: https://www.eta.gov.lk/slvisa/visainfo/center.jsp?locale=en_US

ARRIVAL and DEPARTURE INFORMATION

Please note. This trip begins and ends in Colombo, Sri Lanka (Airport code: CMB),



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Responsible Travel

Adventurebug's *Responsible Travel Ethos* is at the heart of everything we do, from getting the basics right like respecting local cultures, customs and the natural environment, to initiating projects that make positive contributions to communities - to our staff's volunteer efforts on a wide range of events and projects.

EMERGENCY CONTACT INFORMATION

In the case of a genuine crisis or emergency, your local operator, Adventurebug Worldwide can be reached as follows:

OFFICE (Adventurebug) + 34 952 894 308 / info@adventurebug.com

Matt Butler (Guide) + 34 635 817 819

As leaders our goals for the group are to have fun, stretch your skills, and savor a foreign culture at reasonable cost and in the company of other adventurers with similar interests. We encourage your individual contributions, cooperation and good humor to enrich the group's experience. We expect you to participate as part of a group and abide by the leaders' decisions, and work towards the group having a good time. Be prepared to help your fellow hikers and spend time with other participants on the trip. In doing so, you will enjoy the trip to the maximum. Leaders have provided a list in this prospectus of the required gear. In the interests of group safety, trip leaders retain the right to deny participation in any hike if participants are not properly equipped.

SAFETY, RISKS AND HAZARDS

As participant safety is a high priority for your trip leaders, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles, on foot, or by boat. Aside from any personal medical problems, participants should be aware of the possibilities of bug bites, dehydration, sun burn and other heat or cold related problems. You should regularly use sun screen, take care to be adequately hydrated and bring water on all day trips as well as wind/rain gear, warm hat and gloves. Please carefully read and sign the *Adventure Bug Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Participants' understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.