



9 Days

# Sri Lanka

## Buddha and the Butterfly Mountain

Join us on the Emerald Island of Sri Lanka for a journey into the history, culture and religion of this remarkable island. With influences from Buddhism, Hinduism and Islam, European traders and colonial powers, ancient kingdoms and, of course, cricket. Sri Lanka offers a warm welcome, dramatic scenery, and a laid back easy-going nature that means you'll quickly feel at home. On this itinerary we take in the highlights of the central hills and mountains, before getting active with some trekking and white water rafting.



# Recommended tour itinerary

Day  
1-2

## Arrive Sri Lanka

We arrive at Bandaranayake International airport and are met before being transferred to Negombo. We will enjoy an evening city tour followed by dinner and overnight stay at our hotel.

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Day  
3

## Trek to Ritigala Monastery

After breakfast, we transfer to visit the ruins of Ritigala, an ancient Buddhist monastery. We can only reach this dramatic location by trekking through the forestry to the mountain top. Here we can see inscriptions dating back to the first century BC.

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Day  
4

## Sigiriya to Polonnaruwa

The ancient city of Sigiriya is our destination today, a premier ecotourism destination in Sri Lanka and UNESCO World Heritage Site. An early morning hike brings us along the dramatic footpath climb to the summit of the rock fortress. Later this afternoon we cycle to explore Polonnaruwa, a city divided into a new and old town with impressively preserved ruins.

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Day  
5

## To Kandy & the Temple of the Tooth Relic

Depart Polonnaruwa after breakfast to journey to Kandy, Sri Lanka's famous hill station and another UNESCO World Heritage site. En route, we visit Dambulla Rock Temple, known for its beautiful ancient cave temples and a huge modern statue of Buddha. Check in to our accommodation in Kandy and then set out on an evening tour of the city including a visit to the Sacred Temple of the Tooth Relic. It is located in the royal palace complex of the former Kingdom of Kandy. Since ancient times, the relic has played an important role in local politics because it is believed that whoever holds the relic holds the governance of the country.

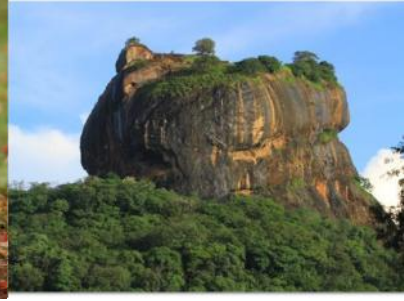
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Day  
6

## Yoga & White water rafting

After a relaxing morning of yoga, meditation and breakfast at our hotel, we travel to Kitulgala to get our adrenaline going! Here we enjoy a thrilling adventure on the white water sections of the Kelani River. As the river widens, we pass the scenic location used for the film "Bridge over the river Kwai", also a great place for a refreshing swim. The journey ends close to Kitulgala town for a local lunch. Enjoy a nature walk in the rainforest in the afternoon.





Day  
7

## Climb Adams Peak

With a packed breakfast, we start early and travel to Adams Peak to begin our morning climb. It usually takes three to four hours to reach the 2,240 metre high peak, but during the pilgrim season, which begins in December and lasts till May, the throng is sometimes so great, it can take over 30 minutes to move from one step to the other. The majority of climbers begin their ascent at night in order to arrive at the top in time for a magical sunrise when the mystical shadow of the peak is perfectly cast across the clouds. This is, however, only possible from Full Moon day of December to Full Moon Day of May. After descent, we check in to a guest house in Nallathanniya, where we lunch before visiting the surrounding area.

Day  
8

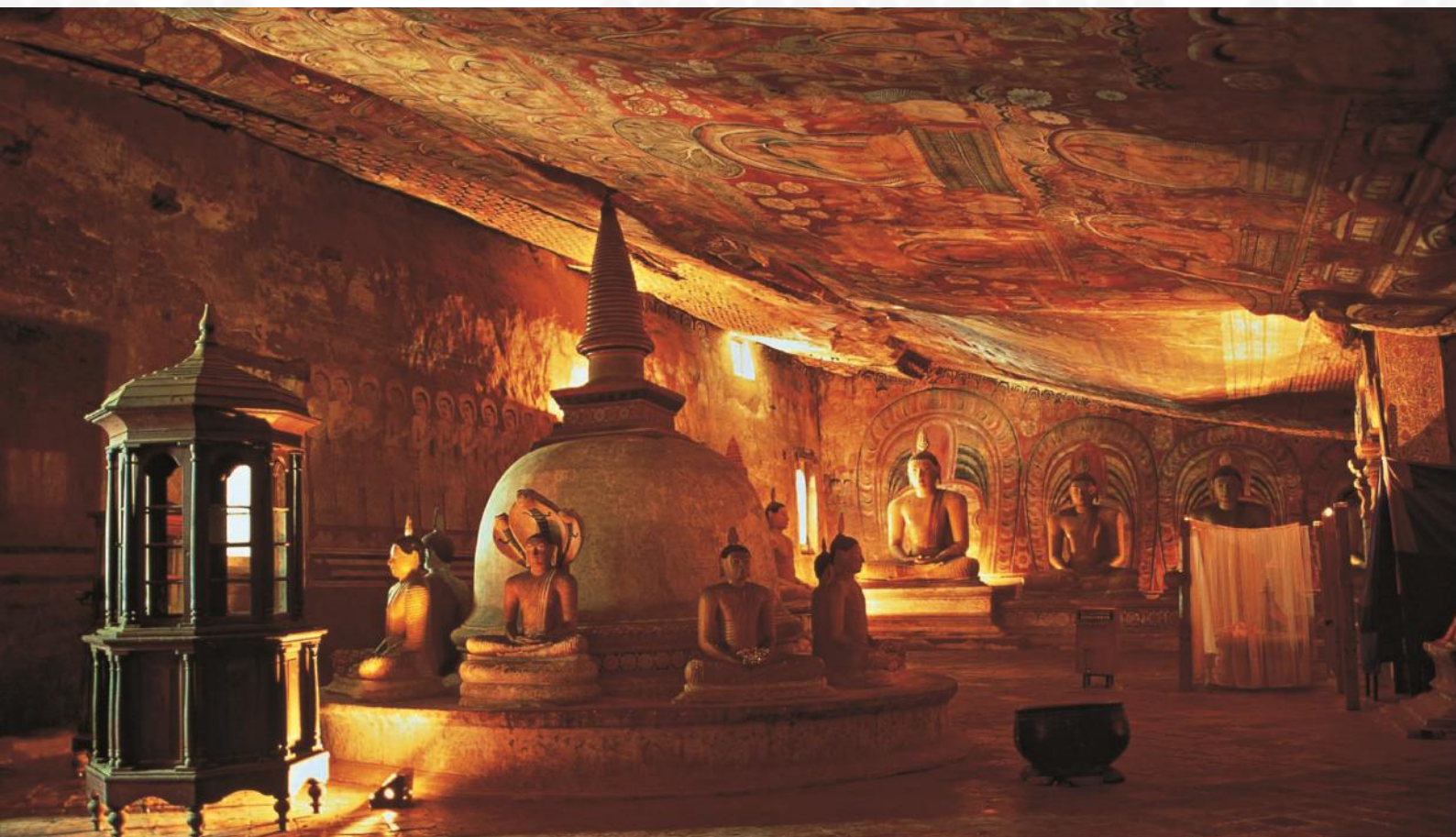
## R&R Beach Day

Today it is time to relax and reflect on the amazing trip you have been on. Enjoy the local markets of Negombo and unwind on its golden beaches. Tonight we have a celebratory meal for our last night in Sri Lanka.

Day  
9

## Depart Sri Lanka

Transfer to Bandaranayake International airport for flight back to the UK.



# Further information

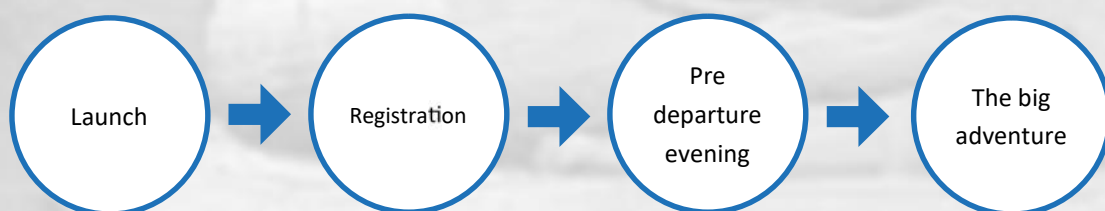
## Look what's included!

- ] International flights
- ] All accommodation
- ] All food
- ] All transportation and activities
- ] Bi-lingual, first-aid qualified local tour leader
- ] Parent and student trip launch evening
- ] Pre-departure preparation evening
- ] 1-day offsite safety INSET day for staff
- ] ATOL financial protection
- ] Medical Emergency / Repatriation Travel Insurance
- ] Group first aid kit and prescription meds pack
- ] BS8848 safety management and risk assessments
- ] Detailed pre-departure information and kit lists
- ] Comprehensive teacher travel packs
- ] Permanent operations team in your destination
- ] 24-hour UK operational support whilst overseas
- ] Carbon offsetting of all flights
- ] Free t-shirt for every participant and teacher

## What's excluded?

- ] Transport to airport in UK
- ] Drinks (advice will be given on purification of water)
- ] Visas or tourist cards if required
- ] Any required inoculations
- ] Personal spending money
- ] Tips for guides, drivers and porters
- ] Airport departure taxes paid locally
- ] Cancellation and personal effects insurance

## Your educational journey timeline



## Physical journey rating:



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

## Culture shock rating:



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your educational journey.



## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your educational travel itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange a trip launch evening at your school

This is a chance for students and parents to hear more about the planned adventure with a comprehensive information evening and an opportunity for questions.



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