

Sri Lanka: Spice Gardens & Seasides - ASNC

12 days: Negombo to Hikkaduwa

What's Included

- Your G for Good Moment: Breakfast at Sthree Craft Shop and Café, Kandy
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Big Night Out Moment: Hikkaduwa Beach Bar, Hikkaduwa
- Sri Lankan lunch at a local village
- Spice garden visit
- Tea plantation tour
- Little Adam's Peak Tour
- Galle Fort tour
- 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 July 1st, 2018 and onwards

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 Negombo

Arrive at any time and welcome to Negombo, known for its lazy beach, wandering canals, and fresh seafood markets.

Get to know your fellow travellers over optional dinner and drinks at a favourite local restaurant. Soak up the lively atmosphere as you're introduced to Sri Lankan delicacies, and cheers to new adventures and friends!

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Your First Night Out Moment: Connect With New Friends

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Accommodation

Hotel J Negombo (or similar)

Hotel

Day 2 Negombo/Sigiriya

Travel to the centre of the island to explore the UNESCO World Heritage City, Sigiriya. Opt to visit the Dambulla Cave Temple or the ancient Sigiriya Rock Fortress.

Private Vehicle

Negombo – Sigiriya 4h30m 156km

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

Free Time

Sigiriya

Head out to discover the area.

Optional Activities - Day 2**Sigiriya Rock Fortress Visit**

Sigiriya 2h-3h 15-20km

30USD per person

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.

Dambulla Cave Temple Visit

Sigiriya 1h-1h30m

12USD per person

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.

Accommodation**IORA Resort (or similar)**

Resort

Day 3 Sigiriya

Spend the day freely exploring more of this ancient yet luscious region. Opt to visit the ancient city of Polonnaruwa, view elephants on a safari drive in Minneriya national park, or go back in time at the Anurhadhapura historical site.

Free Time

Sigiriya

Get out and explore.

Optional Activities - Day 3**Sigiriya Rock Fortress Visit**

Sigiriya 2h-3h 15-20km

30USD per person

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.

Dambulla Cave Temple Visit

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12USD per person

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Polonnaruwa Ancient Capital Visit

Sigiriya 1h30m-2h 60-70km

25USD per person

Visit Polonnaruwa, the second ancient capital city (for three centuries), and home to many well-preserved ruins of palaces and monasteries. Don't feel like walking around? Opt to rent a bike and cycle through the ruins instead.

Accommodation**IORA Resort (or similar)**

Resort

Day 4 Sigiriya/Digana

Visit a medicinal spice garden en route to Digana. After, enjoy lunch before embarking on a guided village walk for insight into rural daily life. Maybe stop at the home of a crafter who hand-makes delicate Kandyan jewellery or the cottage of a local woman making incense. Later, learn how to cook Sri Lankan bread or sweets while helping out with dinner.

Private Vehicle

Sigiriya – Digana Morning

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

Spice Garden Visit

Kandy

Visit a herbal centre where students of Ayurveda learn the traditional medicinal uses of various spices for massages and treatments. Enjoy demonstrations and learning about the different plants and their uses.

Digana Guided Village Walk

Digana Afternoon

Get a crash course in local life with a village walk through Digana. Learn about some of the essential local industries like it's milk collection point and dolomite mine. Meet with a local jeweller creating handicrafts from copper sheets and precious stones then take home personally crafted incense after a lesson in incense production by a local woman. Employing other women from the community, watch as oils and resins are mixed to craft the perfectly scented incense!

Meals included: Lunch | Dinner

Accommodation

Oruthota Chalets (or similar)

Hotel

Day 5 Digana/Kandy

Enjoy breakfast and soak in the views of the Victoria Reservoir over tea before departing for Kandy. Have an afternoon of free time to explore the sweet city, opting to visit the Temple of the Sacred Tooth, view a traditional Kandyan cultural show, or root for a team at a cricket match.

Private Vehicle

Digana – Kandy Afternoon

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

Free Time

Kandy Full Day

Explore Kandy with a full free day.

Optional Activities - Day 5

Royal Botanical Gardens Visit

Kandy 2h-3h 10-12km

10USD per person

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.

Temple of the Sacred Tooth Tour

Kandy 1km

10USD per person

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

5-8USD per person

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

Meals included: Breakfast

Accommodation

Oak Ray City Hotel (or similar)

Hotel

Day 6 Kandy/Nuwara Eliya

Enjoy a traditional breakfast prepared by women and youth living with disabilities at G Adventures-supported Sthree Craft Shop and Café. Travel on to the rolling hills and luscious forests of Nuwara Eliya. Visit a tea plantation and opt to explore the beauty on foot.

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.

Your G for Good Moment: Breakfast at Sthree Craft Shop and Café

Make a pit stop at Sthree Craft Shop and Café to enjoy a local breakfast prepared by women and youth living with disabilities. Led by the Women's Development Centre, they provide livelihood opportunities through hospitality and handicraft training, empowering the surrounding community.

Private Vehicle

Kandy – Nuwara Eliya 3h 80km

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

Meals included: Breakfast

Accommodation

Royal Hills Hotel (or similar)

Hotel

Day 7 Nuwara Eliya/Ella

If you want to experience morning mist flowing through the valley, wake early and trek the serene trails of Horton Plains National Park. In the afternoon, cruise to the laid-back village of Ella and enjoy a free evening to explore or relax.

Private Vehicle

Nuwara Eliya – Ella 1h30m-2h

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

Free Time

Ella Afternoon

Enjoy a free afternoon to relax or explore.

Optional Activities - Day 7

Horton Plains Trek

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

60-70USD per person

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.

Accommodation

Oak Ray Ella Gap Hotel (or similar)

Hotel

Day 8 Ella

Spend the morning trekking Little Adam's Peak to get a 360-degree view of Sri Lankan countryside encompassing the giant Ella Rock and textured green mountains. For the rest of the day, enjoy the freedom to explore scenic Ella more in-depth. Opt to trek Ella Rock, venture to the iconic Nine Arches Bridge, or hunt for some waterfalls with your fellow explorers.

Free Time

Ella Full Day

Get outside and explore scenic Ella.

Little Adam's Peak Trek

Ella 2h-3h

Enjoy a hike up Little Adam's peak to catch stunning views of the town below.

Optional Activities - Day 8

Trek to Ella Rock

Ella 4h-5h

Set off on a trek to Ella Rock, passing through the lush surrounds and forest of rubber trees. Take in scenic views of the surrounding green valleys and plains from the peak.

Accommodation

Oak Ray Ella Gap Hotel (or similar)

Hotel

Day 9 Ella/Hikkaduwa

Set off towards the southern coast stopping en route to explore the indestructible Galle Fort. Finish the day's journey oceanside on the white sand beaches of Hikkaduwa.

Private Vehicle

Ella – Galle 4h30m-5h

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

Galle Fort Tour

Galle – Hikkaduwa

Visit the Galle Fort, a 16th-century fort first built by the Portuguese, and later occupied by the Dutch. The ramparts are still standing even after being battered by Mother Nature, including the 2004 tsunami.

Private Vehicle

Galle – Hikkaduwa 30m

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

Accommodation

Coral Rock by Bansei Hikkaduwa (or similar)

Hotel

Day 10 Hikkaduwa

Enjoy a free day to bliss out on the beach sipping your favourite drink or jump on a boat in search of whales and dolphins. For your big night out, follow your CEO to the best beach bar in town, enjoy a drink on us, and dance under the stars. Perhaps take a night swim, who knows, see where the night takes you.

Free Time

Hikkaduwa

Enjoy a free day to do as much or as little as you'd like.

Your Big Night Out Moment: Hikkaduwa Beach Bar

Follow your CEO to the best beach bar, grab a drink on us, and cheers to all the life-changing adventures you've shared with new friends. Dance under the stars and perhaps take a night swim, who knows, see where the night takes you.

Optional Activities - Day 10**Dolphin Watching Tour**

Unawatuna

Set off on a tour to spot these playful creatures.

Accommodation

Coral Rock by Bansei Hikkaduwa (or similar)

Hotel

Day 11 Hikkaduwa

Another day in paradise to recover from last night's fun. Relax on the beach, snorkel with sea creatures, or wander through the bustling beach town. Pick a local restaurant with your buds and reminisce about all the awesome adventures you've experienced over a farewell dinner.

Free Time

Hikkaduwa Full Day

Don't waste a single second. Whether it's on the beach or throughout the town, get out and explore!

Optional Activities - Day 11**Dolphin Watching Tour**

Unawatuna

Set off on a tour to spot these playful creatures.

Accommodation

Coral Rock by Bansei Hikkaduwa (or similar)

Hotel

Day 12 Hikkaduwa

Wow! What a trip, right? Luckily there is no such thing as goodbye, only until next time. Hug your new friends, exchange social medias, and depart at any time.

The Colombo airport can be reached by private taxi or bus. Your CEO can help you arrange a transfer.

Departure Day

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

What's Included

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

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your First Night Out Moment: Connect With New Friends

Your Big Night Out Moment: Hikkaduwa Beach Bar, Hikkaduwa. Sri Lankan lunch at a local village. Spice garden visit. Tea plantation tour. Little Adam's Peak Tour. Galle Fort tour. All transport between destinations and to/from included activities.

Highlights

Trek through lush green hills, journey amongst Sri Lanka's most breath-taking scenery, sample local cuisine at a village meal, inhale local flavours at a spice garden, explore southern Sri Lankan beaches

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.

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 used to in Western countries. Many roadways 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.

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 24, avg 16.

Meals Included

2 breakfasts, 1 lunch, 1 dinner

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, 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

Hotels/guest houses (11 nts).

Rooming and "My Own Room" Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Night 4

About Accommodation

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see our Classic Travel Style.

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.

The airport in Colombo (Katunayake) is around 32km north of Colombo center. Taking a cab is the most convenient way to get to your hotel in Negombo. Taxi drivers are famous to overcharge, so we recommend to use the prepaid taxi service offered at the airport - you can make the arrangements at designated counters outside the baggage-claim area after passing through several Bank Counters.

You will be able to change money into the local currency (Sri Lanka Rupee) at exchange counters open 24 hours at the airport. The Airport Taxi service, supervised by the Airport & Aviation Services, operates a counter in the arrival lobby and accept Sri Lanka Rupees. Please hire the vehicle from this counter & make the full payment. They will provide you an official receipt. Unfortunately scammers have set up similar services, so make sure the counter is operated by The Airport & Aviation Services. Your destination, the time of your arrival and the amount of luggage determine the rate, which you pay in advance at the counter, but should be between SLRS 2000 to 3000 to Negombo. A person will escort you to the designated taxi. If the driver demands more rupees, politely refuse, if they have driven safely you may like to tip him around SLRS 100.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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 Paravitana
Tel.: (+94)112 308 308 | Ext.: 5917 | Mob.: (+94)77 5222 800

Nirosh Perera
Aitken Spence Travels
Mob.: (+94)777796399

EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Delhi)

G Adventures South Asia Manager, Sorab Jassawalla (Delhi, India)

>From outside of India: +91 9223226888
>From within Delhi: 9223226888
>From within India, but outside Delhi: 0 9223226888

G Adventures Office Bangkok, Thailand
During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

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

What to Take

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

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, bandaids/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

Smart Dress:

- Smart outfit (For evenings out)

Train Travel (Optional):

- Slip-on shoes
- Small container with lid
- Travel cutlery
- Travel or camp cup

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

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

Sigiriya

- Sigiriya Rock Fortress Visit (30USD per person)
- Dambulla Cave Temple Visit (12USD per person)
- Polonnaruwa Ancient Capital Visit (25USD per person)

Kandy

- Royal Botanical Gardens Visit (10USD per person)
- Temple of the Sacred Tooth Tour (10USD per person)
- Kandyan Cultural Dance (5-8USD per person)

Horton Plains Nature Reserve

- Horton Plains Trek (60-70USD per person)

Ella

- Trek to Ella Rock

Unawatuna

- Dolphin Watching Tour

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 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 people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

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. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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

Minimum age of 18 years for this trip.

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.