



SRI LANKA ADVENTURE



HIKING HOLIDAYS WITH ZANNA VAN DIJK
IN PARTNERSHIP WITH **INTREPID TRAVEL**

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Zanna Van Dijk Sri Lanka Adventure 10 days / 9 nights

About Your Trip

Start Location/Finish Location

Start Location

Earl's Regent
Negombo, Asia

Finish Location

Tangerine Beach Hotel
Kalutara, Asia

Accommodation

9 nights

Rooming Requirements

Twin Share

Included Meals

09 Breakfasts
01 Lunch
07 Dinners

Transport

Air-conditioned vehicle transfers throughout.

Leader/Guide

1 English Speaking Local Leader
Local guides if indicated

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with
included activities

Airport Transfers

Arrival and departure transfers are included on a group basis - please note that this is based on Zanna's booked flights

Support

24-hour support from our local office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Local Guide & Tour Leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible. Your leader 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 places visited on the trip, including historical, cultural, religious and social aspects.

In addition to your tour leader, for certain inclusions you will be accompanied by a local guide. A local guide has specialised knowledge of a site or location you are visiting. If there is a local guide provided for a particular activity, this will be listed in your day by day itinerary.

Zanna Van Dijk Sri Lanka Adventure Itinerary.

Day 01 - 30th November 2023

Arrival Int. Airport – Negombo

Meal Plan - Dinner

Welcome to Sri Lanka! Upon arrival at Bandaranaike International Airport in Colombo, you will be met by an Intrepid representative and transferred to your hotel in nearby Negombo. Here you will meet your leader and fellow travellers during a welcome meeting.

If you arrive early, perhaps take some time to relax on the golden sandy beach under a canopy of blue sky. After your welcome meeting, your leader will take you to a local restaurant for a delicious seafood dinner (veggie options will be available on request). Sri Lankan food is famous for its rich scents, spices and flavours, and this evening you'll find out why as you sample fresh seafood and local favourites.

Included

Group basis arrival transfer is included. Please note that this is based on Zanna's flights.

Welcome dinner at a local restaurant included.

Accommodation

Earls Regent, Negombo or similar

Day 02 - 1st December 2023

Negombo – Kitulgala – Nuwara Eliya

Meal Plan - Breakfast

Today, drive towards Nuwara Eliya, on your way stop in Kitulgala to experience White Water Rafting.

White water rafting at Kitulgala takes place on the Kelani River. This river allows visitors to enjoy adrenaline-fueled moments battling with the rapids, intertwined with several opportunities to enjoy the stunning scenery of the surroundings. As you paddle past the town, Kitulgala's high riverbank is fringed by tall, beautiful bamboo trees that sway gently as if to wave you onward. The entire experience takes around 90 minutes to enjoy.

Upon completion continue to Nuwara Eliya, nestled even deeper into tea plantation country, Nuwara Eliya sits at an elevation of 1800 metres, making it one of the coolest regions in Sri Lanka. Favoured by the Scots and English during the colonial-era, remnants of the past can be seen in sculpted gardens and manor homes decorating the city today.

Included Activities

White Water Rafting in Kitulgala

Accommodation

Galway Heights, Nuwara Eliya or similar

Day 03 - 2nd December 2023

Nuwara Eliya – Ella

Meal Plan - Breakfast

Early this morning leave the hotel for a trek to World's End at Horton Plains National Park.

World's End in Sri Lanka is one of the most beautiful and varied treks you will stumble across in this incredible country. Arriving at daybreak in the early morning mist, with the sunlight kissing the plains, and spotting deer grazing silently in the long grass, you will feel as though you have stepped into a different country. World's End is the name of one section of the trek in Horton Plains. Although World's End is the highlight for most, the national park has a range of other interesting and beautiful sights too.

Upon completion transfer to Ella, a place where Sri Lanka's colonial heritage coexists with its rich Sinhalese and Tamil culture, and where abundant natural experiences can be found alongside plentiful cultural ones.

On arrival at Ella, get on board the Mega ZipLine at Mini Adam's Peak and fly over iconic tea estates and lush greenery overlooking the famous Ella Gap. The two-wire zip-line stretches for more than half a kilometer, slides at a maximum speed of 80kmph, and offers a bird's-eye view of the beautiful hills of the island.

Later, if time permits, hop on to powerful four-wheeler and experience the ATV Discovery in Flying Ravana site in Ella. The designated off-road area is a specially made thrilling track to satisfy the quench of the adrenaline junkies out there, that covers all terrain types of muddy and dirt tracks with hills and slopes through tea fields, jungles, and passing picture-perfect viewpoints of the beautiful Ella Gap, creating perfect outdoor sports. You will also get the one-time opportunity to experience the iconic private photo viewpoint "Ravana Lookout" – the widest and the purest 270-degree view of the Ella Gap.

Included Activities

Trekking World's End

Zipline Experience & ATV Ride in Ella

Accommodation

Oak Ray Ella Gap or similar

Day 04 - 3rd December 2023

Ella – Haputale

Meal Plan Breakfast & Dinner

Today enjoy a trail from Makulella to St.Catherine which is approx. 10km. Generally considered a moderately challenging route, it takes an average of 3 h 30 min to complete. This trail is great for hiking and walking, and it's unlikely you'll encounter many other people while exploring. Exploring this stunning trail with incredible views over lush tea plantations is a little long but well worth the effort!

Included Activities

Scenic Trail from Ella to Haputale (Makulella to Lipton's Seat)

Accommodation

Melheim Resort, Haputale or similar

Day 05 - 4th December 2023

Haputale

Meal Plan Breakfast & Dinner

After breakfast proceed for a hike up to the Upper Diyaluma falls encountering several waterfalls and natural pools, an unimaginable experience. Diyaluma Falls is a perfect place for all the adventurers out there. It is the 2nd highest waterfall in Sri Lanka which offers spectacular views once you reach the top.

But not just that, you can relax bathing in one of the many natural pools. The best one is the one where you can see all the surroundings and the pool is basically on the cliff.

*We suggest taking packed lunch along

In the afternoon another hike starts from Adisham Bungalow to Idalgashinna which will take approx. 3 hours.

Included Activities

Hike to the Top of Diyaluma Falls

Afternoon hike from Adisham Bungalow to Idalgashinna

Accommodation

Melheim Resort, Haputale or similar

Day 06 - 5th December 2023

Haputale – Udawalawe

Meal Plan Breakfast, Lunch & Dinner

This morning, bid farewell to hill country and proceed towards Udawalawe, where you will get the chance to spot Asian Elephants... Afternoon enjoy a Wildlife Jeep Safari at the Udawalawe National Park, the third most visited national park and an important habitat for water birds and Sri Lankan elephants (*Elephas Maximum Maximus*).

In Udawalawe National Park, elephants are everywhere. They roam in herds of up to 30 and total up to 600 in the park, which means a visit here is almost guarantee of sightings. There are also leopards, crocodiles, water buffalo, deer, and all types of bird species, but it's the elephant that's the star of the show here. Seeing them roam the plains, dust themselves, tend to their young, eat and drink, and simply be wild elephants, is a core memory from Sri Lanka you'll never forget.

Upon completion of the safari, check in to the campsite and relax! Enjoy a BBQ dinner at the campsite itself.

Included Activities

Afternoon Wildlife Jeep Safari at Udawalawe National Park

BBQ Dinner

Accommodation

Athgira River Camp, Udawalawe or similar

Day 07 - 6th December 2023

Udawalawe – Sinharaja

Meal Plan Breakfast & Dinner

There's a chance this morning to take another Wildlife Jeep Safari to Udawalawe National Park to look for elephants, just keep in mind that participating will require a wake-up call of around 4.30 am.

Head back to camp and fill up on a hearty meal before joining your leader for a 4 – 5km village walk through the rustic rural community of Udawalawe. There is ample opportunity to experience conventional rice fields, vegetable farming etc. Also you will be visiting a local fisherman and a bricks maker in the village. The walk will take around 2 – 2 ½ hours.

Later transfer to Sinharaja.

Included Activities

Morning Wildlife Jeep Safari at Udawalawe National Park

Village Walk including visit a local Fisherman & a Bricks Maker

Accommodation

Blue Magpie Lodge, Sinharaja or similar

Day 08 - 7th December 2023

Sinharaja

Meal Plan Breakfast & Dinner

Today Explore the world-renowned rain forest of Sinharaja forest reserve, a UNESCO world heritage site and biosphere reserve, by trekking through numerous trails, seeing amazing flora and wildlife, endemic trees and a plethora of bird.

The trek will start in the morning around 8 am (the ticket counters are open at 7 am) and it will take approx. 8-9 hours to finish the full trek, which is about 28km in total. There will be a local trekker to accompany the group since the trek will be doing inside the rain forest.

Upon completion, return to the hotel and relax in the evening!

Included Activities

Full Day Trek at Sinharaja Rainforest

Accommodation

Blue Magpie Lodge, Sinharaja or similar

Day 09 - 8th December 2023

Sinharaja – Kalutara

Meal Plan Breakfast, Dinner

Say goodbye to Sinharaja and proceed to downsouth beach town, Kalutara to end the holiday with more relaxation.

Check in to the beach hotel and relax rest of the day!

Farewell dinner in Kalutara

Optional Activities

Water Sports Activities (not included)

Accommodation

Tangerine Beach Hotel or similar

Day 10 - 9th December 2023

Kalutara – Int. Airport - Departure

Meal Plan Breakfast

Today marks the end of your adventure and you can depart the hotel at any time after checking out at 12 pm (standard check out time).

Departure Transfer Included - please note that this is based around Zanna's flight.

END OF SERVICES

Important Trip Information

Problems and emergency contact information

For general enquiries or questions about your booking, please contact your agent or adventure specialist. For further contact details please use the following page:

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

Intrepid's local Operator: 0094 (0)768316000

Itinerary disclaimer

ITINERARY CHANGES

Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It is important that you review this information prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays, or other factors, further changes may be necessary to your itinerary once in-country. The order and timing of included activities in each location may also vary seasonally to ensure our travellers have the best experience. Your tour leader will keep you up to date with any such changes once on tour.

OPTIONAL ACTIVITIES

A selection of optional activities that have been popular with past travellers are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only for some of what might be available. Prices are approximate, are for entrance only, and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability, and maybe on a join-in basis. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is advised. When it's recommended that travellers pre-book these activities, look for a note in the Special Information section of the day-to-day itinerary. For most, they can either be organised independently on the day, or let your leader know you are interested in the Group Meeting and they can assist.

Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high-risk activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with organising these activities. Activities that contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

Passports, visas and entry requirements

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS

Many countries require a visa and obtaining the correct visa is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed.

Entry requirements can change and are different depending on your nationality. Please refer to your government's foreign travel advisories, the consular websites for the countries you're travelling to and those you may transit through.

Always follow visa advice from official websites; not all visa information found online may be valid. You can also head to Intrepid's Entry & Health requirement page to get the latest information on travel documents and visa requirements, plus local government COVID-19 vaccination and quarantine policies:
<https://www.intrepidtravel.com/au/visa-health-requirements>

SRI LANKA VISA

Please check with the Sri Lanka Embassy or Consulate in your country for up-to-date visa information.

Travellers requiring a Sri Lanka visa prior to entry can apply online at the following website: www.eta.gov.lk

SRI LANKA ENTRY & EXIT REQUIREMENTS

For the latest update of what is required in order to enter Sri Lanka, please check your government's foreign travel advice and also visit the following website: <https://www.srilanka.travel/helloagain/>

INFORMATION REQUIRED FOR SRI LANKA TRAIN TICKET BOOKINGS

Train tickets in Sri Lanka must be booked with passport numbers. Please make sure you provide us with your correct passport number no later than 60 days prior to departure. If you have to renew your passport after booking please notify us as soon as you have a new passport number.

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the opinion of our group leader or local guide any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling.

COVID-19

The safety and wellbeing of our travellers, leaders, crew, staff, and suppliers continues to remain our highest priority as we travel. You can read more about how we will keep you safe on our trips, including our COVID-19 Health & Safety Guidelines here: <https://www.intrepidtravel.com/safe-travels>

VACCINATION POLICY

From 1 January 2023, Intrepid will no longer require travellers to provide proof of vaccination against COVID-19 for this trip. However, we continue to strongly recommend that all travellers get vaccinated to protect themselves and

others.

Specific proof of testing or vaccination may still be required by your destination or airline. Please ensure you check travel and entry requirements carefully. For more information, including a detailed FAQ about this policy, please visit <https://www.intrepidtravel.com/covid19>.

HEALTH SCREENING

If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

From 1 January 2023, Intrepid will no longer require travellers to complete a self-screening health form at the group meeting for this trip.

If you are displaying any COVID-19 symptoms or have any health concerns during the trip, we will follow the advice of local health authorities to determine whether medical assistance, isolation or further action is required.

Travellers who test positive while taking part in an Intrepid trip will need to leave the group for a minimum of five days and may only rejoin the group if presenting as asymptomatic – our team will assist them in arranging a place to self-isolate and any onward journey.

It's quite possible that the destination country may have different or more strict protocols than your home country regarding COVID-19. This may include hotel or hospital quarantine or quarantine for the group. Please check your government's travel advice or contact the closest embassies to find out the details. We ask all travellers to continue to monitor their health throughout their travels and report any relevant symptoms to their tour leader.

MOSQUITO-BORNE ILLNESSES:

All regions of Sri Lanka can experience outbreaks of dengue fever, with cases more prevalent in the west of the country. There is no vaccination against it, but there are preventative measures that you can take such as wearing long clothing, using repellent and being indoors particularly around dusk and dawn. If you have a fever or feel unwell, please let your leader know right away. Outbreaks of other mosquito-borne diseases (including chikungunya fever, Japanese encephalitis and filariasis) occur regularly. Protect yourself against mosquito-borne illnesses by taking measures to avoid insect bites.

Food and dietary requirements

SRI LANKAN FOOD:

Sri Lankan food is, put simply, delicious! Here's some advice on the best local dishes to try:

<https://www.intrepidtravel.com/adventures/eat-like-a-local-in-sri-lanka/>

<https://www.intrepidtravel.com/adventures/best-breakfasts-sri-lanka/>

Vegetarians & vegans also won't go hungry:

<https://www.intrepidtravel.com/adventures/vegetarian-vegan-food-guide-sr...>

OCCASIONAL ALTERNATIVE ACCOMMODATION

The style of accommodation indicated in the day-to-day itinerary is a guideline. On rare occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our usual accommodation. A similar standard of accommodation will be used in these instances.

TWIN SHARE

Accommodation on this trip is on a twin basis. Please note there may be times where facilities will be shared rather than ensuite.

CHECK-IN TIME

Throughout the trip we request that our hotels prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination.

AIR CONDITIONING:

Please note that while all hotels on this trip have fans, not all will have air conditioning.

TAXIS:

Use the taxi services from within the arrivals terminal at the airport or taxi services arranged through your booking agent. If you have a local SIM card, ride-sharing services, such as Uber, are available in major cities.

Money matters

The official currency of Sri Lanka is the Rupee (LKR). There are many ATMs throughout Sri Lanka, which accept both Visa and MasterCard. Although this is a safe and convenient way to access money during your trip we do recommend that you carry some money in cash for when ATMs can not be accessed. Some money should be taken as US dollars cash in case of emergencies. Major credit cards are accepted in the larger shops and restaurants but only in the bigger cities. Some banks will allow cash advances against a credit card.

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

TIPPING

If you're happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. Although can be difficult to source we advise you to carry small notes of local currency each day to make tipping easier.

The following amounts are per person suggestions based on local considerations and feedback from our past travellers:

Restaurants: Local markets and basic restaurants - round your bill up to the nearest US\$1. More up-market restaurants we suggest 10% to 15% of your bill.

Local guides: Throughout your trip you may at times have a local guide in addition to your tour leader. We suggest US\$2-US\$3 per day for local guides.

Drivers: You may have a range of drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group, however we suggest \$4-\$5 per person per day for both bus and the staffs.

Your Tour Leader: You may also consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline US\$5 - US\$6 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

In total, we recommend you budget approx US\$13-US\$15 per day of your trip to cover tipping.

At your group meeting on Day 1, your tour leader will discuss with you the idea of running a group tipping kitty, whereby everybody contributes an equal amount and then your group leader pays the tips while keeping a running record of all monies spent (except restaurant tips). The record can be checked at any time and any money remaining at the end of the tour returned to group members. This is often the easiest way to avoid the hassles of needing small change and knowing when and what is an appropriate amount to tip.

Please don't tip with coins, very small denomination notes, or dirty and ripped notes. This is regarded culturally as an insult.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the relatability of universal travellers, however, local currency may be needed once in the country to cover these costs.

Suggested budget for meals not included - USD\$350

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances.

Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are convenient although we recommend your bag has carry straps. A lockable bag or small padlock is useful.

You'll also need a day pack/bag to carry water, camera, and jacket etc. when you're exploring during the day and for your overnight hike into the tea plantations.

Below are some ideas and helpful tips on what you specifically need for this trip.

ESSENTIALS:

- Lightweight clothing. You will need to bring a mixture of lightweight clothing and warm layers. Long shirts and pants for protection against mosquitoes are useful. Clothes should be easy to wash and dry. Maybe bring a change of smart clothes for dinner in Colombo. Please also bring clothing that covers arms and pants/skirts that go past the knee for entry into local temples. For women, a light scarf is also a good idea for covering shoulders and arms when hot.
- Closed-in shoes will help to protect your feet from cuts and scratches when walking through cities as well as bush/grass-lands, and will also act as a barrier protection in rare cases against bites or stings.
- Sun protection - hat, sunscreen, sunglasses

RECOMMENDED:

- The Hill country of Sri Lanka can be cold, especially on the tea plantation hike. Please bring a light, warm waterproof jacket.
- Hiking boots, socks and light hiking clothing such as synthetic T shirt styles that wick away moisture
- Personal medical kit. A larger kit will be on hand with your leader, but we recommend you carry items such as mild pain killers, electrolytes, Band-Aids and insect repellent.
- Water bottle. We recommend at least a 1.5litre capacity. The sale of bottled water contributes to an enormous environmental problem around the world.
- Camera / phone.

OPTIONAL:

- Ear plugs to guard against street noise, barking dogs and snorers.
- A good book, journal and music player.

LUGGAGE LIMIT:

Please keep your luggage to a minimum. One small soft-sided bag plus a day pack (no more than 15-20kgs in total per person) is essential. We recommend against bringing hard/externally framed suitcases as they are difficult to store and can damage equipment and other travellers' belongings. If your trip is beginning and ending at the same location, excess luggage can usually be stored at your arrival/departure hotel and can be collected after your trip.

VALUABLES:

Please try to avoid bringing unnecessary valuables, and use your hotel safe. It's also a good idea to purchase a money belt or pouch that is easily hidden. We strongly recommend that you photocopy all important documents e.g. air tickets, passport, vaccination certificate, etc. and keep the copies separate from the originals. While not valid, a photocopy makes it very much easier to obtain replacements if necessary.

BATTERIES/POWER:

Most of our trips have access to power to recharge batteries for phones and cameras every day . We recommend that you carry an extra battery for your camera and/or a small portable power bank.

MORE!

If you need some further tips for packing, you can always check out our ultimate packing list.

<https://www.intrepidtravel.com/packing-list>

Phone and internet access

Hotels in Sri Lanka generally have excellent WiFi connections. Most hotels offer free WiFi in public areas, with many also offering in room WiFi. Your tour leader will offer you the best advice on communications in remote areas of the country. You can purchase a local SIM card at the airport on arrival. Etisalat and Airtel are two of the bigger operators with the best nationwide coverage.

Climate and seasonal information**SRI LANKA WEATHER:**

Weather in Sri Lanka can vary depending on the time of year and part of Sri Lanka you are travelling to. The monsoon season is December to March in the northeast and May to October in the southwest. Flooding and landslides can occur during this time, so be ready for some delays in land travel or some reroutes to avoid affected areas. The summer months in Sri Lanka are very hot with short, sharp monsoons in the southwest. Be sure to use adequate sun protection and drink plenty of water if you are visiting during this period of the year.

PERAHERA FESTIVAL

This annual festival, held in July or August, is a 10 day period of evening processions to honour the Sacred Tooth, which is enshrined at Kandy's Temple of the Tooth. The event features a parade of more than 50 decorated elephants. Due to our stance on elephant cruelty we do not include the festival and cannot purchase tickets on your behalf.

Group Leader

All group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader 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 places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip.

Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes 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. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

CURRENT SITUATION:

The recent terrorist attacks were a tragic event and have had a serious impact on tourism in the country. Intrepid has a strong commitment to our local staff and the communities we visit and are continuing to operate all our trips in Sri Lanka. While the security situation is now much more stable, you will still see a high police presence in towns and cities and many check points are still in place. We continue to follow government travel advisories and local authorities in operating our trips in Sri Lanka. We don't anticipate major changes to your itinerary at this time, however it's important to be aware that the country is still recovering and things like travel times between destinations and time taken to go through security at the airport may be affected.

POLITICAL TENSION:

Demonstrations and large public gatherings can turn violent or be a target for politically-motivated attacks. Police have used tear gas and water cannons in response to protests. Curfews can be imposed at short notice. You should avoid all large public gatherings and follow advice of your leader. Some security forces maintain a visible presence, particularly in the northern and eastern provinces. Military and police checkpoints can be established and road closures can occur without warning.

PETTY CRIME:

Pick-pocketing, bag snatching and other petty crime occurs in Sri Lanka, particularly in crowded places such as tourist areas, markets and on public transport. Carry only what you need and always use hotel safes where available. Card skimming has been known to occur - only use ATMs attached to banks or at major hotels. Some tourists unwittingly buy counterfeit goods, particularly jewellery and gems - be aware you may not be buying the real thing.

LOCAL LAWS:

You must carry a form of official photo identification with you at all times - a copy of your passport is a good idea. Be aware that smoking and drinking in most public places is illegal.

BICYCLE HELMETS:

Please note that helmets are not always provided for sightseeing on bicycles. If you wish you can bring along your own.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships

between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our Responsible Travel Guidelines.

The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

For additional Conditions of Carriage regarding COVID-19, see here: <https://www.intrepidtravel.com/conditions-carriage>

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

The beauty of our style of travel is that it caters to travellers who are travelling solo and who want to meet and share experiences with like-minded people.

On our trips rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports.

As a responsible tour operator, we strive to create a safe and inclusive environment for everyone. In the case that your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

We also have an optional single supplement available on most trips for travellers who prefer to have their own room. Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

On a small selection of itineraries some accommodations are booked on an open gender, multi-share basis (for example on a felucca in Egypt or an overnight train in Vietnam). In those instances it will clearly be stated in our Essential Trip Information prior to booking and travelling.

Travel Insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

For travellers who reside within the European Union, Switzerland or USA the requirement to purchase travel insurance cannot be compulsory. However the purchase of travel insurance is still highly recommended, and travellers from these regions who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting, recognizing personal responsibility for emergency medical and repatriation costs should they arise.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible Travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip leaders, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

LOCAL DRESS:

When packing be aware that dress standards are conservative throughout Asia, especially outside major cities. To respect this and for your own comfort, we strongly recommend modest clothing. This means clothing that covers your shoulders and knees. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. In many rural areas in Asia women will need to wear modest clothing even to swim. Singlets, tank tops and topless sun bathing are all unacceptable. When visiting religious sites men often need to wear long trousers and women a long skirt or sarong.

BUDDHA IMAGES:

Posing for a photograph next to a statue of Buddha is considered extremely disrespectful or even illegal as is mistreatment of Buddhist images, which can include the wearing of tattoos, jewellery or clothing associated with Buddhism.

ELEPHANT PERFORMANCES & ELEPHANT RIDING:

While we respect each individual's decisions while travelling, Intrepid does not include elephant rides or unnatural performance activities on any itinerary, and we recommend you bypass these activities should they be offered to you during your stay. Professional wildlife conservation and animal welfare organisations, including World Animal Protection, advise that contrary to common belief, captive elephants remain wild animals and despite good intentions, unfortunately, many venues are unable to provide the appropriate living conditions elephants require and this ultimately impacts their well-being. While there is some merit in the argument that the money you pay for the activity goes towards keeping the elephants and their mahouts employed, we know that it also fuels demand

for elephants to be captured in the wild or captive-bred. We thank you for your support in improving the welfare of these majestic creatures. Further information is available on the below link:

<http://www.intrepidtravel.com/elephants-welfare>

The Intrepid Foundation

We created our not-for-profit, the Intrepid Foundation because you – our travellers – told us you wanted to make an even greater impact in the communities you visit.

The Foundation works by teaming up with partners around the world so that together we can deliver greater positive impact at scale. Partners are identified by our local staff who live and work in our destinations. They harness their powerful community connections to determine the issues that matter most and select local partners who can deliver real solutions.

Since 2002, the Intrepid Foundation has raised more than 12.8 million dollars and supported more than 130 communities worldwide. Now, with almost 40 partners all over the world, your donations are helping to restore forests in Kenya, empower women in Honduras and promote elephant welfare in Laos, to name just a few.

By simply being on this trip, Intrepid Travel will make a donation to the Intrepid Foundation on your behalf. If you choose to donate too, 100% of your donations will go directly to our partners on the ground – where they're needed most. For more information about the Intrepid Foundation, please ask your leader or visit our website: <http://www.theintrepidfoundation.org/>

This trip directly supports Zero Plastic, who aim to reduce plastic waste in Sri Lankan communities through education and volunteer programs. Donations help fund their Team Up To Clean Up project, which raises awareness about the impact of plastic on the environment and local wildlife and reduces plastic pollution at the UNESCO-listed Sigiriya (and surrounding communities).

To find out more or make a donation, visit <https://www.theintrepidfoundation.org/t/zero-plastic>

Important Information

- Travel is always an adventure and, as destinations reopen, there are a few challenges as everyone gets back up to speed and adjusts to the new normal. Our leaders are experts when it comes to dealing with anything unexpected along the journey, so pack your understanding and flexibility, sit back and relax while they take care of the rest.

Special Conditions

Final Balance

- Final balance payment is required 70 days prior to travel.

Cancellation by the traveller

- Cancellation prior to 70 days; we will hold the deposit amount as a credit.
- Cancellation 69 days or inside prior to travel will incur 100% cancellation fees
- No shows will be treated as a cancellation and will incur 100% cancellation fees.

Cancellation by Intrepid

- Cancellation is in line with those detailed in the standard Intrepid booking conditions in clause 8.

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.