



JOURNEYS: DISCOVER SRI LANKA

12 days, Colombo to Negombo

Trip code ASING

WHAT'S INCLUDED

- Your Journeys Highlight Moment: Wilpattu Safari and Conservation Talk, Wilpattu National Park
- Your Journeys Highlight Moment: Agricultural Village Experience, Habarana
- Your Journeys Highlight Moment: High Tea and Handicrafts, Kandy
- Your G for Good Moment: Sthree Craft Shop and Café, Kandy
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Hands-On Moment: Visit a Coconut Plantation, Colombo
- Your Foodie Moment: Sri Lankan Cooking Demonstration, Udawalawe
- Arrival transfer
- Tour of Anuradhapura ruins
- Tour the Sigiriya rock fortress
- Dambulla cave temple visit
- Visit a Matale spice garden
- Tour the Temple of the Tooth
- Cultural show
- Visit the Royal Botanical Gardens
- Tour Nuwara Eliya area and a Ceylon tea plantation
- Hike in Horton Plains National Park
- Safari drive in Udawalawe National Park
- 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 April 8th, 2026 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

COLOMBO

Arrive at any time. Arrival transfer is included.



ACCOMMODATION

Sofia Colombo City Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Arrival Transfer

Bandaranaike International Airport – Colombo

You will be met at the airport and transferred to the hotel to start your adventure.

ACTIVITY

Your opportunity to meet your National Geographic Expedition Leader 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.

Day 2

COLOMBO/ANURADHAPURA

Begin the day with a visit to a coconut plantation. Coconut is one of Sri Lanka's major exports, and many local industries utilize coconut-based by-products. Continue north to Wilpattu National Park, one of the oldest parks in the country and home to a significant leopard population. Explore the park on a 4x4 with a local expert, hearing about conservation efforts and the issues of human encroachment on wildlife reserves, and keep an eye out for elephants, wild boar, sloth bear, spotted deer, and of course, leopards. Drive to Anuradhapura, a sacred ancient capital of Sri Lanka dating to the third century B.C. and enjoy dinner at the hotel after arrival.

Wilpattu is the oldest National Park in the country and home to Sri Lankan leopards. We will do our best to search some out with our local ranger, as well as enjoy the stunning flora and fauna.



Meals included

Breakfast | Dinner



ACCOMMODATION

Rajarata Hotel (or similar) Hotel



TODAY'S ACTIVITIES

ACTIVITY

Visit a local coconut plantation and learn about the importance of this crop to local people and the country as a major export. Sri Lanka is fortunate that the coconut palm is native to the island and lush plantations cover a large portion of coastal areas. Many local industries are founded in coconut based products using all parts of the fruit including the kernel, shell, husk, and fiber.

Private Vehicle Colombo - Wilpattu National Park 4h-5h 185km

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

ACTIVITY

Explore Wilpattu, one of the largest and oldest National Parks in Sri Lanka, renowned for its leopard population. Explore the park by jeep with a local expert to observe the local flora and fauna, but be on the lookout for the parks most famed resident, the leopard. Also discuss wildlife conservation in the area and the conflicts of human encroachment on wildlife reserves.

Private Vehicle Wilpattu National Park - Anuradhapura 1h 35km

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

Day 3

ANURADHAPURA

Enjoy a tour of Sri Lanka's ancient capital ruins in Anuradhapura. Take your time to wander the palaces, gardens, Buddhist temples, and monasteries of this splendid UNESCO World Heritage site. The afternoon is yours to relax or continue exploring Anuradhapura.



Meals included

Breakfast



ACCOMMODATION

Rajarata Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Anuradhapura Excursion Anuradhapura

Tour the ruins and monasteries of Sri Lanka's first capital. A symbol of Sinhalese power, this is the nation's most extensive and important ancient city.

Free Time Anuradhapura

The afternoon is yours to relax or continue your trip through the ancient capital, discovering the smaller details and quiet corners of this sprawling archaeological wonder.

Day 4

ANURADHAPURA/HABARANA/DAMBULLA

Venture to the thriving village of Habarana, where we'll get a chance to glimpse daily rural life. Explore the area by traditional bull cart, visiting lush vegetable fields and rice paddies. Take a stroll through town and meet some of Habarana's residents. Float in a canoe down a picturesque lake, and sit down for a lunch of local specialties. Later, continue to Dambulla for the evening.



Meals included

Breakfast | Lunch



ACCOMMODATION

Sungreen Resort & Spa (or similar) **Resort**



TODAY'S ACTIVITIES

ACTIVITY

Visit the thriving Village of Habarana for a glimpse of authentic rural life in Sri Lanka's North Central Province. Travel by foot, traditional bull cart and canoe in this scenic region, visiting farms of lush vegetable fields and rice paddies, surrounded by a landscape of green jungle and picturesque lakes. Walk through the town to meet some of its residents and vendors and gain an understanding of their largely agricultural life. Take a canoe ride on the lake, then sit down to a lunch of local specialties.

Private Vehicle **Anuradhapura - Dambulla** 2h-2h30m 85km

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

Day 5

DAMBULLA

This morning, discover one of Sri Lanka's most iconic sights—the striking fortress of Sigiriya, or the Lion's Rock. This royal city and UNESCO World Heritage site was built in the fifth century on the slopes and summit of an imposing granite peak. Climb up a series of steep steps to reach the top, and encounter beautiful gardens, caves, monasteries, and palaces adorned with frescoes. Enjoy breathtaking views of the surrounding jungle, and return to Dambulla for some free time around town.



Meals included

Breakfast



ACCOMMODATION

Sungreen Resort & Spa (or similar) Resort



TODAY'S ACTIVITIES

Sigiriya Rock Fortress Visit Sigiriya 2h-3h

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 shear drop on all sides.

Private Vehicle Dambulla

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

Day 6

DAMBULLA/KANDY

Set out to explore the impressive Dambulla Cave Temple, the largest and best-preserved collection of cave shrines in Sri Lanka. Admire stunning Buddhist murals and a trove of Buddha statues, including a spectacular reclining Buddha carved out of solid rock. Then visit a spice garden in Matale to learn about the therapeutic uses of local spices. Continue to Kandy and enjoy a tour of the Temple of the Sacred Tooth Relic, an important pilgrimage site which houses a tooth of the Buddha. This evening, we'll take in a performance of traditional music at a cultural show.



Meals included

Breakfast



ACCOMMODATION

Radisson Hotel Kandy (or similar) Hotel



TODAY'S ACTIVITIES

Dambulla Cave Temple Visit **Sigiriya** 1h-1h30m

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.

Spice Garden Excursion **Matale**

Visit a spice garden and marvel at the various spices used as natural medicines and as condiments in food.

Temple of the Sacred Tooth Tour **Kandy** 1h-1h36m

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** 1h

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

Private Vehicle **Dambulla – Kandy** 3h 90km

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

Day 7

KANDY

Kandy served as the last capital of Sri Lanka's Sinhala dynasty before the British took complete control of the island in 1815. Spend the day exploring the city, visiting the breathtaking Royal Botanic Gardens of Peradeniya, once accessible only to the royal family. Afterward, stop by Sthree Craft Shop and Café, a G Adventures-supported social enterprise that works to empower local women and youth. View a handicraft demonstration and hear a talk about the enterprise before enjoying a tasting of local teas, accompanied by scones and pastries. Later, opt for a stroll through the city and around Kandy Lake, or enjoy a rejuvenating Ayurvedic massage.



Meals included

Breakfast



ACCOMMODATION

Radisson Hotel Kandy (or similar) Hotel



TODAY'S ACTIVITIES

Royal Botanical Gardens Visit

Kandy

1h30m-2h

2km

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.

ACTIVITY

Stop by Sthree Craft Shop and Café, a G for Good-supported social enterprise created in partnership with The Women's Development Centre, an organization that supports training and work opportunities for local women and disabled youth from the Kandy area. "Sthree" means "women" in both Tamil and Sinhala – fitting as the shop and café is both a place for local women to hone their hospitality skills, while selling handicrafts sourced from all over Sri Lanka.

ACTIVITY

Visit Sthree Craft Shop and Café to indulge in High Tea and a handicraft-making demonstration from a member the shop's training program. Sit down for a talk from one of the project organizers about what they do, while you enjoy a taste of local teas and an assortment of sweet cakes and pastries.

Free Time

Kandy

Opt to visit an Ayurvedic hospital to learn about Ayurvedic oil massage treatments or explore the well-laid out walkways of the city and don't miss the famed Palm Avenues.



Optional Activities - Day 7

Ayurvedic Center

Kandy

Visit an Ayurvedic Center to learn about the history behind Ayurveda and the role it plays in Sri Lankan society. Gain an understanding of Ayurvedic oil massage treatments and its various benefits.

Day 8

KANDY/NUWARA ELIYA

Travel through scenic mountains to the town of Nuwara Eliya, in the heart of Sri Lankan tea country. Visit a tea plantation to gain insight into the cultivation and production of this beloved beverage, and savour a cup of perfectly blended Ceylon tea. Then head out on a tour of Nuwara Eliya and its lush surroundings, once governed by English and Scottish planters, following cool, misty roads through blankets of tea bushes. This afternoon, opt to take high tea at the colonial-era Grand Hotel, originally the holiday home of Sir Edward Barnes, the fifth Governor of Ceylon.



Meals included

Breakfast



ACCOMMODATION

The Grand Hotel Nuwara Eliya (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle Kandy - Nuwara Eliya 3h30m 75km

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

Tea Plantation Visit Nuwara Eliya 1h-1h30m

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.

Explore Nuwara Eliya Nuwara Eliya

Enjoy a tour of colonial Nuwara Eliya and its lush surroundings. Follow misty roads, through lush green blankets of tea bushes into a cooler climate, that remind visitors of an English countryside atmosphere. Once governed by English and Scottish planters - the area still offers colonial bungalows, hedgerows and one of the finest 18-hole golf courses in the world.



Optional Activities - Day 8

High Tea at the Grand Hotel Nuwara Eliya 25-35USD

Step back in time and enjoy high tea at the historic Grand Hotel. Enjoy a lovely setting with Elizabethan-era architecture and beautiful gardens. The building was the former mansion of Sir Edward Barnes who was the Governor of Sri Lanka during 1830-1850.

Day 9

NUWARA ELIYA/HORTON PLAINS NATIONAL PARK/ UDAWALawe NATIONAL PARK

Venture out early this morning into Horton Plains National Park, a protected natural area encompassing high altitude grasslands and hilly cloud forest. Enjoy a picnic breakfast, and culminate your trek at a point known as World's End—a majestic drop that provides incredible views over the verdant plains and coastline to the south. Then continue to our tented camp on the border of Udawalawe National Park. Join a local naturalist to learn about the conservation effort being made to protect this beautiful national park, followed by a BBQ dinner at the campsite.



Meals included

Breakfast | Dinner



ACCOMMODATION

Athgira River Camp (or similar) Lodge



TODAY'S ACTIVITIES

Private Vehicle

Nuwara Eliya - Horton Plains Nature Reserve

1h-1h30m

30km

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

Horton Plains Trek

Horton Plains Nature Reserve - Nuwara Eliya

4h-4h30m

9km

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.

Private Vehicle

Horton Plains Nature Reserve - Udawalawe

4h-4h30m

140km

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

Udawalawe Conservation Talk with a Naturalist Guide

Udawalawe

Go behind the scenes with a local naturalist to uncover the efforts protecting this ancient wilderness. A vital stronghold for the Sri Lankan elephant, the park is a front line for the delicate balance between wildlife preservation and a changing landscape.

Day 10

UDAWALAWE NATIONAL PARK

A sanctuary for large herds of elephants, Udawalawe National Park is one of the best places in the world to observe these majestic pachyderms. Embark on a jeep safari through the park seeking out the abundant wildlife, including water buffalo, jackals, and various species of deer.



Meals included

Breakfast | Dinner



ACCOMMODATION

Athgira River Camp (or similar) Lodge



TODAY'S ACTIVITIES

Udawalawe Reserve Safari

Udawalawe National Park

3h-3h30m

Drive through this massive nature reserve and keep an eye out for the mighty Sri Lankan elephants – they live in abundance here and often wander along the road. Make several stops to observe these beautiful animals.

Day 11

UDAWALAWE/NEGOMBO

This morning, enjoy a cooking demonstration by the camp chef, learning about local specialties, then drive to Negombo and spend the day at leisure. This small port town has seen Portuguese, Dutch, and British rule—reflected in the architecture of the old quarter—and used to be a centre of the cinnamon trade. Choose to visit the Old Dutch Fort, step into one of the town's ornate Catholic churches, or enjoy a stroll on the beach.



Meals included

Breakfast



ACCOMMODATION

Goldi Sands Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Udawalawe - Negombo

5h-6h

270km

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

ACTIVITY

Enjoy a cooking demonstration and see how local Sri Lankan delicacies are prepared.

Depart at any time.

Hotel check out is at 12:00pm. Your National Geographic Expedition Leader can assist you with arranging an easy transfer to Colombo or the International airport.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Day

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

What's included

- Your Journeys Highlight Moment: Wilpattu Safari and Conservation Talk, Wilpattu National Park
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- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Hands-On Moment: Visit a Coconut Plantation, Colombo
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- Arrival transfer
- Tour of Anuradhapura ruins
- Tour the Sigiriya rock fortress
- Dambulla cave temple visit
- Visit a Matale spice garden
- Tour the Temple of the Tooth
- Cultural show

- Visit the Royal Botanical Gardens
- Safari drive in Udawalawe National Park
- Tour Nuwara Eliya area and a Ceylon tea plantation
- All transport between destinations and to/from included activities
- Hike in Horton Plains National Park

What are the main highlights of this trip?

Explore ruins and archaeological sites with local experts, take in a lecture on elephant conservation, search out leopards at Wilpattu National Park, enjoy a taste of tea at its source, learn about local ingredients and flavours during a cooking demonstration

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Is there a disclaimer I should read before booking this trip?

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

What important notes should I be aware of before the trip?

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 use to in Western countries. Many road ways 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 their 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.
4. ACCOMMODATION NOTE:
Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

What is the group leader like?

All G Adventures group trips are accompanied by one of our National Geographic Expedition Leader throughout. The aim of the Expedition Leaders 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.

How large will the group be?

Max 15, avg 12

What meals are included in this trip?

11 breakfasts, 1 lunch, 3 dinners

What are the meals like on this trip?

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 Expedition Leader 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.

What are the modes of transportation on my trip?

Private vehicle, boat, 4x4, walking.

Is there an extra cost for travelling solo?

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.

Where will we stay during the trip?

Hotel/lodges – 8 nts, tented camp – 3 nts.

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What are the 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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a National Geographic Journeys sign, and they will be waiting for you outside the luggage hall. 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 Expedition Leader. 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 Expedition Leader 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 Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

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.

Who should I contact in case of an emergency?

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. Included arrival transfers are provided from the nearest airport to your starting location. 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.

Sri Lanka:

Charith Attale (Primary Contact)

From outside of Sri Lanka: +94 772 927 374

From within Sri Lanka: 772 927 374

Tharanga Siriwardhana (Secondary Contact)

From outside of Sri Lanka: + 94 776 424 060

From within Sri Lanka: 776 424 060

EMERGENCY CONTACT NUMBERS

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

From outside of India: +91 8851806614

From within India: 8851806614

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

Which hotel is the finishing point for this trip?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

What information should I be aware of as the itinerary draws to a close?

Marawila is a small fishing village located on the Northwest coast of Sri Lanka, close to Colombo and a short drive away from the International Airport.

Are there any additional packing suggestions I should consider?

We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Hard suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!). You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

What should be on my 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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- 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
- Headphones (Noise-cancelling recommended)
- 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:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Smart Dress:

- Smart outfit (For evenings out)

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.

When can I do my laundry on this trip?

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.

What are the visas and entry requirements for my trip?

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](#)

Sri Lanka:

As of October 15th 2025, it will be mandatory for all foreign nationals visiting Sri Lanka for tourism purposes to obtain an Electronic Travel Authorisation (ETA) prior to their arrival in Sri Lanka

Apply for ETA [here](#)

Information is accurate as of October 1st, 2025.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

What should I know about currency, credit cards, and exchanging money while on this tour?

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

As of Jan 2013 the exchange rate for Sri Lanka was 1 USD = 128 LKR (Sri Lankan Rupees). 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.

How much emergency money should I bring on this trip?

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!

Should I be tipping on my trip?

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 Expedition Leader will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$4-5 USD per person per day depending on the quality and length of the service; ask your Expedition Leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your National Geographic Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline \$10-\$15 per person, per day.

What activities are optional on this trip?

Kandy

- Ayurvedic Center

Nuwara Eliya

- High Tea at the Grand Hotel
(25-35USD per person)

Are there any health considerations I should know before travelling?

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 Expedition Leader 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 and Culture Shock 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 Expedition Leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

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 Expedition Leader 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 Expedition Leader 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 Expedition Leaders 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.

What rules should I know before joining this trip?

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 prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Is travel insurance required for my trip?

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. 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.

What is Planeterra?

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.

How should I dress to respect local customs during the tour?

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.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

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.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your National Geographic Signature Specialist or booking agent for further details.

In addition, 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.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

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 the operator. 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.

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.