NATIONAL GEOGRAPHIC | G Adventures
EXPEDITIONS
SIGNATURE

Last Updated: October 29, 2026



SIGNATURE: SRI LANKA'S HIGHLANDS, YALA & GALLE

11 days, Colombo to Galle

Trip code ASCGNS

WHAT'S INCLUDED

- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Colombo
- Signature Moment: Artisanal Tea Immersion, Nuwara Eliya
- Signature Moment: Marine Conservation Cruise, Weligama
- Arrival transfer
- Colombo heritage experience
- Colonial Colombo vintage car drive
- Dambulla Cave Temple visit
- Sigiriya Rock Fortress exploration
- Polonnaruwa UNESCO ruins exploration by Tuk Tuk
- Temple of the Sacred Tooth visit with puja ceremony
- Scenic first-class train journey through Sri Lanka's Hill Country from Ambewela to Ella
- Private Yala National Park safaris with local rangers
- Private cinnamon estate visit with cinnamon harvest demonstration and lunch
- Galle Fort walking tour with historian insights
- Candlelit temple blessing at Yatagala Temple
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities
- All internal flights
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Porterage at hotels and when getting on and off of vehicles

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 May 14th, 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

Welcome to Sri Lanka. Your expedition begins in Colombo, a coastal capital where warm tropical breezes mingle with the scent of the Indian Ocean. You will be met upon arrival and transferred to your hotel. Rest and recharge tonight, letting the ambient sounds of the city soothe you as you prepare for the captivating historical and cultural treasures that will unfold across the island in the days ahead.

ACCOMMODATION

Galle Face Hotel (or similar) Heritage 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.

Day 2 COLOMBO

The morning comes alive as you gather for a welcome meeting with your National Geographic Expedition Leader, followed by insights from your National Geographic Expedition Expert. Next, dive into the sensory swirl of the capital. Board a motorized tuk tuk to rumble past colonial landmarks, vibrant markets, and the historic streets of Colombo Fort and Pettah beside a local historian. Inhale the aroma of toasted spices during a heritage lunch at the Dutch Hospital precinct. The afternoon brings a nostalgic spin through the city in beautifully restored vintage cars. Conclude the day watching the sky turn amber during sunset drinks overlooking the crashing ocean waves before your welcome dinner.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Galle Face Hotel (or similar) Heritage Hotel

TODAY'S ACTIVITIES

ACTIVITY

Your opportunity to meet your Expedition Leader and fellow travellers, and learn more about your tour. 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.

Discover Historic Colombo Colombo

Explore Colombo by tuk tuk and on foot through the historic Fort and Pettah districts with a local historian. Discover colonial landmarks and bustling markets before enjoying a traditional Sri Lankan lunch at the iconic Dutch Hospital.

Vintage Colombo City Tour Colombo

Explore Colombo in beautifully restored vintage cars, stopping at two iconic landmarks as your local guide shares stories of the city's colonial heritage, culture, and history.

Day 3 COLOMBO/KANDALAMA

Leave the coast behind and head into the emerald heart of Sri Lanka's Cultural Triangle. Watch the urban bustle seamlessly dissolve into a canvas of rural countryside and swaying palms. En route, ascend a dramatic rock outcrop to reach the ancient Dambulla Cave Temple. Step into the cool, silent cavern shrines to marvel at centuries-old Buddha statues and intricate murals illuminated by soft light. After soaking in sweeping views of the plains, pause for a relaxed lunch at a tranquil lakeside restaurant. Arrive at your lodge nestled deep in the natural surroundings of Kandalama. Take the afternoon to unwind at leisure before gathering for a dinner overlooking the mirror-like lake.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Heritance Kandalama (or similar) Hotel

Set in Sri Lanka's Cultural Triangle, Heritance Kandalama is a celebrated Geoffrey Bawa-designed retreat that seamlessly emerges from the surrounding rock and jungle. Overlooking Kandalama Lake and Sigiriya, this masterpiece of tropical modernism blends architecture and nature. Guests can discover absolute serenity at the Coco Spa with Ayurvedic rituals, play tennis, or unwind in one of three spectacular swimming pools, all while framed by forest vistas.

TODAY'S ACTIVITIES

Private Vehicle Colombo – Dambulla 3h30m-3h30m

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

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.

Day 4 KANDALAMA

Greet the dawn with a choice, each offering a distinct perspective on this ancient wonder: ascend the sheer vertical walls of the Sigiriya Rock Fortress to marvel at ancient frescoes and summit views from above, or capture the immense scale of the dramatic citadel from below via a guided scenic drive. Mid-morning, connect with a vibrant community initiative at a women-led reed weaving project. Listen to the rhythmic rustle of natural materials as local artisans demonstrate their craft, sharing light refreshments and stories of empowerment. After an authentic Sri Lankan lunch, the low hum of a tuk tuk carries you through the ruins of Polonnaruwa. Explore UNESCO-listed temples and royal palaces as historical tales bring the stone to life, before returning to the resort to relax before dinner.

Meals included

Breakfast | Lunch | Dinner

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TODAY'S ACTIVITIES

Sigiriya Rock Fortress Experience Sigiriya

Choose between two ways to experience the UNESCO-listed Sigiriya Rock Fortress: climb to the summit for breathtaking views and a closer look at the ancient royal citadel, or enjoy a scenic guided visit around the base without the climb. Both groups reunite afterward before continuing together to a G for Good project.

Polonnaruwa by Tuk Tuk Polonnaruwa

Explore the UNESCO-listed ancient city of Polonnaruwa by tuk tuk, visiting impressive royal palaces, temples, and iconic statues of the Lord Buddha. Discover the rich history, Buddhist heritage, and remarkable engineering of Sri Lanka's medieval capital.

Weaving Ancient Heritage Sigiriya

Visit a women-led reed weaving project in a local village to learn about traditional craftsmanship and the role it plays in supporting local livelihoods. Meet the artisans, try your hand at weaving, and enjoy homemade Sri Lankan sweets and herbal tea.

Day 5 KANDALAMA/NUWARA ELIYA

Watch the lowlands dissolve into mist-shrouded peaks as you ascend into the lush highlands of Kandy. Arrive at the Temple of the Sacred Tooth Relic, where the air is thick with the scent of jasmine and burning incense. Witness the atmospheric puja ceremony, letting the rhythmic throb of traditional drums and low chanting anchor you in this deeply spiritual space. Afterward, enjoy a home-style lunch at a women-led social enterprise, a G Adventures-supported project, while connecting with local artisans. Continue your drive deeper into the mountains, where neat rows of emerald tea bushes carpet the hillsides like velvet. Arrive in Nuwara Eliya, a cool highland retreat wrapped in crisp mountain air and timeless charm.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Heritance Tea Factory (or similar) Hotel

Up high in Sri Lanka's misty hills, Heritance Tea Factory is a unique heritage hotel beautifully transformed from a 1930s factory on the historic Hethersett Estate. Named Sri Lanka's Leading Heritage Hotel 2025 at the World Travel Awards, it preserves the authentic spirit of Ceylon's past. Guests can pluck tea leaves in the emerald fields, dine inside a converted vintage railway carriage, or enjoy a mist-veiled spa treatment amidst the plantations.

TODAY'S ACTIVITIES

Private Vehicle Kandalama – Kandy 3h-3h

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

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.

Social Enterprise Lunch Kandy

Stop for a delicious traditional Sri Lankan lunch prepared by Sthree Craft Shop and Café. This social enterprise offers opportunities for local women and youth living with disabilities, through handicraft and hospitality training.

Private Vehicle Kandy – Nuwara Eliya 3h30m 75km

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

Day 6 NUWARA ELIYA

Step into the dew-kissed fields of a historic tea estate, welcomed by a plantation specialist. Inhale the earthy fragrance of the highlands as you learn traditional plucking techniques, working alongside local workers to harvest the bright green leaves. Follow the harvest inside the factory, watching the processing from withering to grading, and learn how the global auction system functions. Next, participate in a curated tasting led by a tea expert, identifying subtle flavor profiles before enjoying a freshly brewed cup. Return to the hotel for a lunch overlooking the rolling estate and an elegant high tea.

Meals included

Breakfast | Lunch | Dinner

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TODAY'S ACTIVITIES

ACTIVITY

Enjoy a behind-the-scenes experience at Pedro Tea Estate, where a tea specialist guides you through the journey of world-renowned Ceylon tea. Stroll through the tea fields, try traditional tea plucking, explore the historic factory, and conclude with a private tea tasting featuring premium estate-grown teas, served with freshly baked cake.

Day 7 NUWARA ELIYA/YALA NATIONAL PARK

The whistle blows as you settle into your seats, watching the rugged peaks begin to roll past the window. Travel into a landscape of pure cinema. Peer out the window as the locomotive snakes past cascading waterfalls, deep gorges, and dramatic stone viaducts, cutting through rolling green hills wrapped in mountain mist. Disembark in the mountain town of Ella for a local lunch, then watch the scenery transform dramatically as you descend into the sun-drenched southern lowlands. Arrive at the edge of the wild savannah of Yala, checking into your lodge as the calls of the wild echo through the dry scrub and twilight settles over the wilderness.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Cinnamon Wild Yala (or similar) Resort

TODAY'S ACTIVITIES

Private Vehicle Nuwara Eliya – Ambewela 1h30m-1h30m

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

Scenic Hill Country Train Journey Ambewela – Ella

Travel through Sri Lanka's breathtaking Hill Country aboard one of the world's most scenic rail journeys, with reserved first-class seating. Admire sweeping tea plantations, cascading waterfalls, lush forests, and dramatic mountain landscapes during this unforgettable ride.

Day 8 YALA NATIONAL PARK

Set out in the crisp pre-dawn light in an open-air safari vehicle, entering Yala National Park as the wild awakens. Scan the golden grasses and gnarled trees as park rangers track wildlife, offering deep insights into elephant behavior and ecosystem pressures. Return to the lodge for breakfast, followed by a private presentation on elephant conservation led by an active researcher. In the afternoon, head back into the bush for a second safari, observing how the changing light shifts animal movements around the watering holes. As evening falls, toast the day's discoveries with sundowners overlooking the wild landscape, followed by a dinner celebrating local flavors.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Cinnamon Wild Yala (or similar) Resort

TODAY'S ACTIVITIES

Yala Wildlife Safari Yala National Park

Experience morning and afternoon safaris through Yala National Park with a local ranger. Explore the park by off-road vehicle in search of Sri Lanka's remarkable wildlife, including elephants, sloth bears, crocodiles, and the elusive leopard, with lunch included between safari drives.

Day 9 YALA NATIONAL PARK/GALLE

One final morning safari offers a chance to catch the park's predators and birdlife active in the cool dawn air. After breakfast, swap your safari vehicle for a tuk tuk, rumbling along coastal lanes to a fragrant cinnamon estate. Watch a harvesting demonstration, learning the intricate art of peeling the bark, before enjoying a private lunch infused with local spices. Continue along the coast to the historic trading port of Galle. In the late afternoon, join your Expedition Leader for a walking tour of the massive Galle Fort. Walk the stone ramparts past the lighthouse and historic churches, before choosing to stay in the fort for dinner or returning to the hotel.

Meals included

Breakfast | Lunch

ACCOMMODATION

Jetwing Lighthouse (or similar) Hotel

TODAY'S ACTIVITIES

Yala Wildlife Morning Safari Yala National Park

Set out on a privately guided morning safari through Yala National Park with a local ranger. Travel in off-road safari vehicles in search of Sri Lanka's incredible wildlife, including elephants, sloth bears, crocodiles, and the elusive leopard.

Cinnamon Estate Experience Galle

Travel by tuk tuk to a private cinnamon estate for an immersive experience celebrating Sri Lanka's renowned spice heritage. Enjoy a traditional estate lunch and a demonstration showcasing the art of cinnamon harvesting.

Galle Fort Walking Tour Galle

Explore the UNESCO-listed Galle Fort on a guided walking tour through its historic streets, colonial landmarks, and centuries-old trading heritage. Discover highlights including the Lighthouse, Clock Tower, Dutch Hospital, and key religious sites while learning about ongoing conservation efforts. Guests can continue exploring Galle Fort at leisure afterward or return to the hotel.

Day 10 GALLE

Wake early for fresh pastries and coffee before transferring to the harbor. Board a private yacht for an exceptional ocean cruise alongside a Marine Biologist and National Geographic Explorer. Inhale the salty sea spray and enjoy breakfast and lunch on board while contributing to marine conservation fieldwork, scanning the deep blue waves for marine life. Return to shore for a free afternoon to wander Galle's cobblestone lanes. At dusk, visit a serene hillside temple to participate in a moving, candlelit blessing experience. Conclude the expedition with a festive farewell dinner.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Jetwing Lighthouse (or similar) Hotel

TODAY'S ACTIVITIES

Candlelight Blessing at Yatagala Temple Galle

Visit Yatagala Temple for a serene candlelit blessing ceremony featuring traditional chants, offerings to local monks, and the symbolic pirit string ritual.

ACTIVITY

Set sail aboard the Ceycat yacht for a private ocean experience featuring expert insights from a marine biologist and National Geographic Explorer. Learn about marine conservation efforts, the local ecosystem, and ongoing research projects while enjoying breakfast and lunch onboard.

Please note: the featured marine biologist may vary based on availability and may not always be a National Geographic Explorer.

Day 11 GALLE

Your expedition to Sri Lanka concludes today. Take advantage of a provided day room to refresh and pack at your leisure, depending on your flight schedule.Transfers are provided to the airport at any time during the day.

Meals included

Breakfast

TODAY'S ACTIVITIES

Departure Transfer Galle – Bandaranaike International Airport

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

What's included

- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Colombo
- Signature Moment: Artisanal Tea Immersion, Nuwara Eliya
- Signature Moment: Marine Conservation Cruise, Weligama
- Arrival transfer
- Colombo heritage experience
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What are the main highlights of this trip?

Follow the leaf from field to factory during a private estate tour and curated tasting, Set sail on a private yacht alongside a marine researcher to study coastal conservation, Track leopards and elephants alongside local rangers on privately guided game drives, Intertwine with local culture at a women's reed project reviving ancestral crafts, Savor authentic home-style cuisine at a women-led community development project

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

This compiled itinerary represents our thoughtfully designed plan, provided in good faith and correct at the time of publication. However, to ensure we deliver the most rewarding experience possible, our itineraries remain dynamic; we continuously refine our routes based on research, field insights, and guest feedback, meaning details may evolve between the release of our annual directory and your departure. Flexibility is a cornerstone of our travel philosophy, and while we intend to follow the path described, the nature of exploring unpredictable environments means alterations may occur, and any mention of specific destinations or wildlife encounters cannot be guaranteed. We invite you to view these travel times and details as an approximate guide rather than a strict contract, and we kindly ask that you review a final copy of your Trip Details a few days prior to departure to ensure you have the most current information for your upcoming expedition.

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. 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.

5. When traveling across different countries, islands, or regions, travellers can expect multiple Expedition Leaders throughout their trip to ensure experiences are authentic and locally specialized.

What is the role of the group leader during this trip?

Every National Geographic Signature departure is accompanied throughout by a dedicated National Geographic Expedition Leader, whose purpose is to ensure a seamless experience so you can fully immerse yourself in the destination. Your Expedition Leader offers deep insight into the landscapes you traverse, suggests enriching independent activities, recommends exceptional local dining venues, and connects you with our community friends along the way. Rather than acting as conventional guides, they possess a broad, sophisticated understanding of the historical, cultural, religious, and social tapestry of the region. To offer the ultimate perspective, we complement their expertise with specialist local guides whose deep regional knowledge adds profound depth to specific sites—delivering a masterfully balanced exploration.

What is the maximum and typical number of participants on this tour?

Max 22

What meals are included in this trip?

10 breakfasts, 9 lunches, 8 dinners

What are the modes of transportation on my trip?

Private Vehicle, Walking, Train, Tuk-Tuk, Safari Vehicles.

Are local flights included in the cost of the trip?

Please be aware that flight delays can occur. Your Expedition Leader may need to make adjustments to your itinerary in case of flight schedule changes.

Please be advised that any flights noted on the G Adventures Itinerary for this tour are included in the tour services provided. Flight tickets are provided by G Adventures during the tour. The date for this service will match the day of the itinerary, for which Day 1 is equal to the start date noted on the Invoice under Land Services: Tour. If flight information is required in advance for visa purposes, please contact G Adventures.

Is there an extra cost for travelling solo?

Yes, for those travelling solo there is a single supplement.

Where will we stay during the trip?

Hotels (10 nts)

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 Signature Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

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 2 (in the morning), 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!

What should I do if I can't find my airport transfer or experience arrival issues?

While we anticipate a seamless arrival, your peace of mind is our utmost priority. Should any unforeseen circumstances prevent you from beginning your expedition as scheduled, please refer to the essential emergency contact details provided in your documentation and contact us as soon as possible.

Upon landing, if you do not connect with our representative within 30 minutes of clearing customs and immigration, we recommend making your own way to the starting point property by following the Joining Instructions. Rest assured, you may submit a request to your travel professional upon your return to secure a refund for any transport costs incurred during this time.

Who do I contact for arrival issues or in the event of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the National Geographic Expedition Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS
G Adventures South Asia Manager, Sorab (New Delhi, India)
From outside of India: +91 88518 06614
From within India: 88518 06614

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: 1 800 394 5416
Calls from UK: 0800 041 8146
Calls from Germany: 0800 181 9454
Calls from Australia: 1 800 204 905
Calls from New Zealand: 0800 424 389
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What details should I be aware of when planning my departure day?

You will be met at your hotel property and transferred to the airport for your onward travels at the end of your expedition. Please refer to your individual itinerary for more details.

What are the packing guidelines and luggage restrictions?

When deciding what to pack, considerations will vary based on your specific itinerary, the regions you are visiting, and the season in which you are travelling. Generally speaking, we recommend packing thoughtfully and keeping your luggage to one checked bag at a manageable weight to facilitate seamless transitions throughout your expedition.

In addition to your primary luggage, you will also require a small day pack or shoulder bag. This smaller bag is essential for keeping your camera, water, and personal items close at hand during day walks, excursions, and daily explorations.

What should I pack for this trip?

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Footwear (required) (Closed toe suggested)
- 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
- 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.)

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

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?

While personal spending habits naturally vary, we recommend factoring in your individual preferences for shopping, tipping, and beverages to ensure a seamless experience. In addition to these day-to-day comforts, we kindly ask that you maintain access to a minimum of USD $200 (or its equivalent) as a dedicated emergency fund; though exceptionally rare, unpredictable circumstances such as changing weather patterns or natural events may occasionally necessitate a shift from our planned route, and this reserve ensures we can navigate any path ahead with peace of mind.

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
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.

What emergency funds do I need access to on this trip?

While personal spending habits naturally vary, we recommend factoring in your individual preferences for shopping, tipping, and beverages to ensure a seamless experience. In addition to these day-to-day comforts, we kindly ask that you maintain access to a minimum of USD $200 (or its equivalent) as a dedicated emergency fund; though exceptionally rare, unpredictable circumstances such as changing weather patterns or natural events may occasionally necessitate a shift from our planned route, and this reserve ensures we can navigate any path ahead with peace of mind.

What are the tipping guidelines for this trip?

To ensure a seamless and elevated experience throughout your National Geographic Signature departure, gratuities have been fully taken care of for all included meals, activities, and luggage porterage.

On our National Geographic Signature tours, tipping is included for all included activities and meals, and porterage. Tipping is not included for the Expedition Leader. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your National Geographic Signature Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline would be $10-$15 per person per day. Tipping is neither required nor expected for your National Geographic Expedition Expert.

During your independent time, it is customary in Sri Lanka to tip service providers such as waiters, at approximately 10%, depending on the service.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

Please note that health requirements and recommended inoculations vary by destination. To ensure your well-being, it is your responsibility to consult with a specialized travel physician for up-to-date medical guidance well before departure.

We highly recommend carrying a personal first aid kit, hand sanitizer, and any essential prescription medications. Because our itineraries frequently trace paths through remote regions far from advanced medical facilities, legal regulations prohibit our National Geographic Expedition Leaders from administering any medication, including standard over-the-counter pain relievers. While local pharmacies along our route may stock familiar remedies, they are often produced under regional names, so we advise bringing the generic chemical name of any critical prescription. Before finalising your plans, please carefully review the itinerary and physical requirements to ensure your personal fitness aligns with our style of exploration. To safeguard the well-being of the group, we reserve the right to excuse any traveller from all or part of an itinerary if, in the professional judgment of our Expedition Leader, continuing would pose an undue risk to themselves or their fellow travellers.

What general safety tips and free-time guidelines should I follow?

To ensure your well-being and security throughout our explorations, we recommend consulting your home government's regularly updated international travel advisories prior to departure. For peace of mind while on the move, we strongly advise using a concealed neck wallet or money belt to secure your passport, travel documentation, and currency. We suggest leaving exceptional jewelry at home, as it is unnecessary for our style of travel; instead, make use of the safety deposit boxes available at most of our accommodations. Securing your luggage with a reliable lock is also highly recommended.

When travelling on a departure, your National Geographic Expedition Leader maintains the authority to modify or adapt any portion of the itinerary should environmental conditions or safety considerations require it. Your Expedition Leader accompanies the group on all scheduled activities, but you will also enjoy unstructured time to pursue personal interests, relax, or discover locales at your leisure. While your leader is delighted to suggest local options for these independent periods, please note that these optional choices do not form part of our curated itinerary, and we make no representations regarding their operating standards; we encourage you to exercise your own discerning judgment.

While the destinations we visit are welcoming during the daytime, navigating urban environments at night requires mindfulness. We recommend exploring in small groups and utilizing local taxis when dining out or moving about after dark. Furthermore, should you encounter public demonstrations or political gatherings, please prioritize your safety by leaving the vicinity immediately rather than remaining for photographs, as these situations can evolve rapidly.

Water-based experiences carry inherent risks. To ensure your protection, we recommend participating in aquatic activities only when accompanied by professional guides. Our commitment to safety means that our Expedition Leaders are strictly prohibited from facilitating unguided water activities on your behalf. Please note that swimming and snorkelling are always undertaken at your own risk. For further insights on enhancing your personal safety during your voyage, please visit www.gadventures.com/travel-resources/safety/

Are there any specific safety considerations for this itinerary?

For peace of mind while on the move, we strongly advise using a concealed neck wallet or money belt to secure your passport, travel documentation, and currency. We suggest leaving exceptional jewelry at home, as it is unnecessary for our style of travel; instead, make use of the safety deposit boxes available at most of our accommodations. Securing your luggage with a reliable lock is also highly recommended.

What are the mandatory group rules regarding laws and behaviour?

Our philosophy of travel is rooted in deep respect for the people, cultures, and lands we encounter. To ensure the safety of our travellers, staff, and the communities that welcome us, the possession or use of illegal drugs is strictly prohibited on all departures. While certain substances may be woven into local traditions in some regions, they are not permitted within our groups. Furthermore, any form of exploitation, including the solicitation of sex workers, directly contradicts our values. To protect the integrity of the experience and the well-being of the group, our National Geographic Expedition Leader retains the right to remove any traveller who violates these standards.

What are the mandatory travel insurance requirements for this trip?

Comprehensive travel insurance is a mandatory prerequisite for participation in all our departures. To safeguard your well-being, your National Geographic Expedition Leader will kindly request to verify your physical policy details before you may officially join your fellow travellers.

When choosing your coverage, please ensure your policy includes full medical protection, featuring a strict minimum requirement of $200,000 USD for emergency rescue and medical repatriation. For complete peace of mind while exploring, we also strongly advise securing comprehensive coverage for personal liability, trip cancellation or curtailment, and the loss of luggage and personal belongings. If you intend to rely on insurance provided through your credit card, you must supply formal proof of purchase—such as a credit card statement or receipt in your name—along with explicit confirmation from your banking institution regarding the participating insurer, exact policy limits, and their dedicated 24-hour emergency contact 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.

How can I share feedback about my trip experience?

Upon your return, we invite you to share your insights with us. Your valued feedback shapes the future of our itineraries and ensures we continue to deliver meaningful experiences. As a token of our appreciation for your time, we are pleased to offer a 5% savings (up to a maximum of $100 USD) toward your next expedition with us. Simply submit your evaluation within four weeks of completing your travels to unlock this benefit and join our global community of returning travellers.

*This offer is valid for new bookings only, limited to one per person, and cannot be combined with other promotions or applied to independent itineraries. Maximum value of $100 USD (or local currency equivalent). This program may be amended or withdrawn at any time.

What are the age restrictions for 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 tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO 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.