



## **Sri Lanka: Spice Gardens & Seasides**

12 days, Negombo to Colombo

Trip code ASNC

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Local Lunch and Village Visit, Polonnaruwa

- Spice garden visit
- Tea plantation tour
- Trekking through Bandarwela region
- Orientation walk in Colombo
- All transport between destinations and to/from included activities

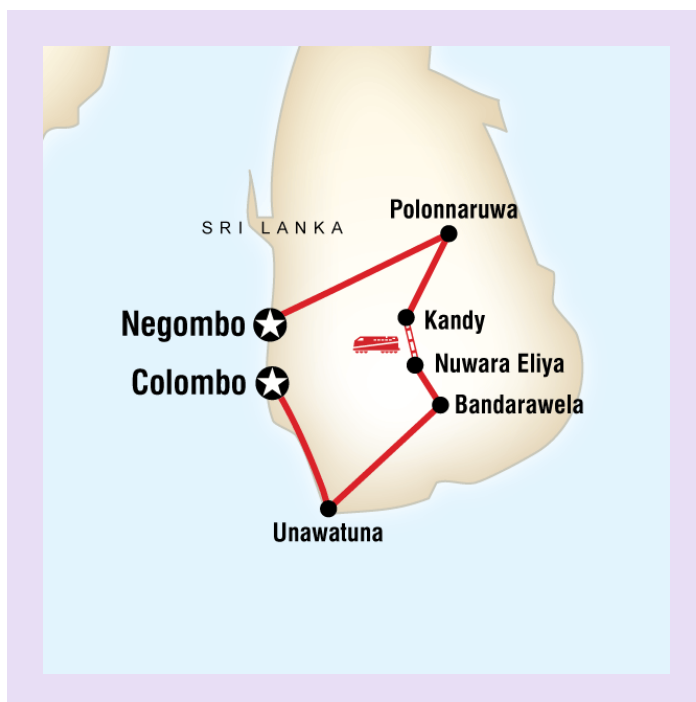
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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 January 1st, 2016 - November 30th, 2016

## Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Negombo

Arrive at any time.

There are no activities planned until an evening welcome meeting.

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### Today's Activities

#### ACTIVITY

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

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### Optional Activities - Day 1

#### Welcome Dinner

You've arrived! Why not share a meal and a drink with your new travel mates?

Day 2

## Negombo/Polonnaruwa

Opt to explore Negombo in the morning before transferring inland to the Dambulla Province.



### Meals included

Breakfast



### Today's Activities

Free Time

Negombo

Head out to discover the area.

Private Vehicle

Negombo - Polonnaruwa

5h

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



### Optional Activities - Day 2

Fishing Market Walking Tour

Negombo

Free

30m-45m

1-2km

Take a walking tour of a fishing market. There's no better way to learn about the life of the locals than to head to the sea to take in the action. Watch the fishermen bring their boats to shore, clean their nets, dry the fish, and sell to waiting buyers.

Dambulla Cave Temple Visit

Sigiriya

12USD

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 3

## Polonnaruwa

Meet locals and share a meal in a local village. Enjoy free time to go on safari or explore nearby ruins.

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### Meals included

Breakfast | Lunch

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### Today's Activities

#### ACTIVITY

Visit a village to meet the locals and share a Sri Lankan meal together.

Free Time

Polonnaruwa

Get out and explore.

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### Optional Activities - Day 3

Sigiriya Rock Fortress Visit

Sigiriya

35USD

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.

Day 4

## Polonnaruwa

Enjoy a free day to explore more of the region. Opt to visit Sigiriya Fortress, Polonnaruwa Temple, or Dambulla Caves.



### Meals included

Breakfast



### Today's Activities

Free Time

Polonnaruwa

Get out and explore the region.



### Optional Activities - Day 4

Sigiriya Rock Fortress Visit

Sigiriya

35USD

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.

Dambulla Cave Temple Visit

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Day 5

## Polonnaruwa/Kandy

Visit a spice garden en route to Kandy. Opt to visit the Temple of the Tooth, take in a cultural show, or watch a cricket match.



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Polonnaruwa - Kandy

2h

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

Spice Garden Visit

Kandy

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



### Optional Activities - Day 5

Kandyan Cultural Dance

Kandy

5-8USD

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

Temple of the Sacred Tooth Tour

Kandy

10USD

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.

Day 6

## Kandy/Nuwara Eliya

Travel by train and tuk tuk to stunning Nuwara Eliya. Visit a tea plantation and opt to explore the nearby hills on foot.

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### Meals included

Breakfast

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### Today's Activities

Local Train

Kandy - Nuwara Eliya

2h-3h

Climb aboard, take your seat, and get around like the locals do.

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.

Day 7

## Nuwara Eliya/Bandarawela

Opt to trek the trails of Horton Plains NP in the early morning, then travel to Bandarawela.

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### Meals included

Breakfast

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### Today's Activities

Local Bus

Nuwara Eliya - Bandarawela

4h-5h

Climb aboard, grab a seat, and enjoy the ride.

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### Optional Activities - Day 7

Horton Plains Trek

Horton Plains Nature Reserve - Nuwara Eliya

60-70USD

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.

Day 8

## Bandarawela

Set out on a hike through the cooler hills cloaked in tea bushes, and opt to take a cooking class or visit the local market during free time.

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### Meals included

Breakfast

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### Today's Activities

Hill Hike

Bandarawela

Set out on a hike through the lush, cool hills cloaked in tea bushes.

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### Optional Activities - Day 8

Cooking Class

Refine your culinary skills with an optional cooking class. Discover the secrets of the delicious local cuisine.

Day 9

## Bandarawela/Unawatuna

Set off towards the southern coast and finish the day's journey oceanside.

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### Meals included

Breakfast

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### Today's Activities

Local Bus

Bandarawela - Unawatuna

5h

Climb aboard, grab a seat, and enjoy the ride.

Day 10

## Unawatuna

Enjoy a free day to bliss out seaside, go on a whale or dolphin watching tour, or take a day trip to the colonial port town of Galle.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Unawatuna

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

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### Optional Activities - Day 10

Day Trip to Galle

Galle

Head to the port town of Galle and explore. Opt to check out the UNESCO-listed fort and the city's natural harbour.

Dolphin Watching Tour

Unawatuna

Set off on a tour to spot these playful creatures.

Day 11

## Unawatuna/Colombo

Travel to the capital, Colombo. Enjoy an orientation walk of the fort area and Pettah Bazaar.

If you would prefer to leave the tour a day early and finish at the beach, there is ample accommodation both in Unawatuna and nearby beach towns. The Colombo airport can be reached by taxi for approximately USD100, or there are train and bus connections from nearby Galle for much less.



### Meals included

Breakfast



### Today's Activities

Local Bus

Unawatuna - Colombo

3h-4h

Climb aboard, grab a seat, and enjoy the ride.

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Pettah Bazaar Visit

Colombo

1h-1h30m

1km

Visit the Pettah district of Colombo and wind your way through a series of open-air bazaars and markets. The area is home to Jami Ul-Alfar Mosque, one of the oldest and most visited mosques in Colombo, and also hosts Kayman's Gate, Colombo Town Hall, and the Khan Clock Tower.



## Optional Activities - Day 11

Farewell Dinner

Khujand

10-25USD

Enjoy a meal with your new found friends and reminisce about the fantastic adventure you've all had.

Day 12

## Colombo

Depart at any time.



## Meals included

Breakfast



## Today's Activities

Departure Day

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

## What's included

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## **What are the main highlights of this trip?**

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

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

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## **Is there an 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.

## 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.

## What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## How large will the group be?

Max 15, avg 12.

## What meals are included in this trip?

11 breakfasts, 1 lunch

## 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 CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

## What are the modes of transportation on my trip?

Private vehicle, train, bus, tuk tuk, 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?

Hotels/guest houses (11 nts).

## Do any exceptions apply to Rooming or “My Own Room” on my tour?

Night 4

## 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.

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

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

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## 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. 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

## **What instructions should I follow at the finishing point?**

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 should I take on my trip?**

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

# 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

**Smart Dress:**

- Smart outfit (For evenings out)

**Train Travel (Optional):**

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

**Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: During the months of May-Jul is the rainy season, so please make sure to pack waterproof clothes.

## 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 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.

## How much spending money do I need for my trip?

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](http://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.

## 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 CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from USD1-2 per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline USD20-30 per person, per week can be used.

## What activities are optional on this trip?

- Please see the itinerary for information on optional activities, descriptions and estimated pricing.

## 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 CEO are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia, pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our group CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## 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 Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

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

## 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. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## 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?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## 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/](http://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?

Minimum age of 18 years for this trip.

## 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 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.