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## **Treasures of Sri Lanka**

14 days, Negombo to Colombo

Trip code ASIS

### **What's included**

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

- Negombo city and fishing village tour
- Dutch canal boat ride
- Dambulla Cave Temple visit
- Tour Sigiriya Rock Fortress, Yapahuwa fortress, and the ancient capital of Polonnaruwa
- Nature walk and Village tour with local lunch
- Visit Nalanda Gedige Temple ruins
- Visit a spice garden and batik factory
- Temple of the Tooth guided tour
- Visit the Kandy Royal Botanical Gardens and the Kandy Museum
- Cultural dance performance
- Visit a tea plantation and have High Tea at the Grand Hotel
- Visit Buduruwagala Temple complex
- Safari wildlife safari drives in Uda Walawe and Yala National Parks
- Galle Fort tour and stilt fishing demonstration
- Colombo city tour

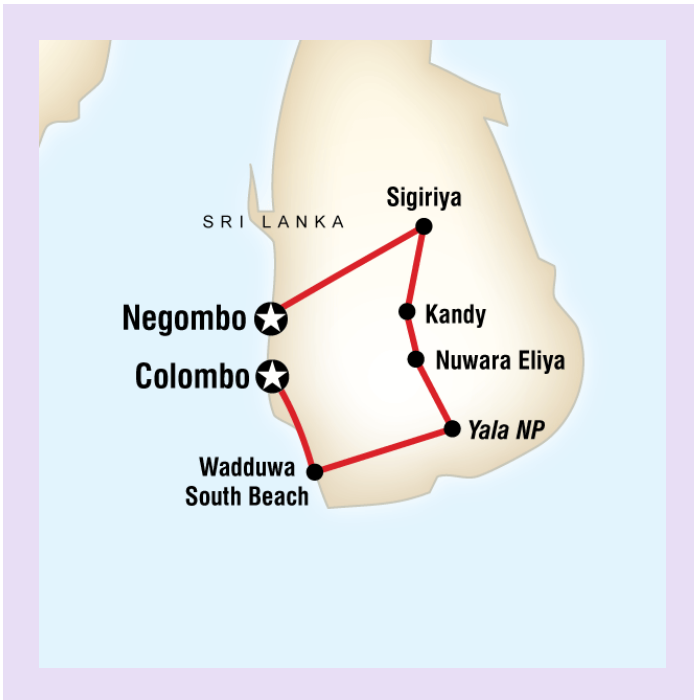
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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, 2015 and onwards

# 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 and transfer to the hotel.



## Today's Activities

### ACTIVITY

Please look for a notice from the Chief Experience Officer (CEO) for the location of the meeting and any other important instructions.

Private Vehicle

Bandaranaike International Airport - Negombo

1h

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

Explore Negombo and the busy fishing village. Then take a serene boat ride through the Dutch canal lining the marshy lands of Negombo.

Fishing is a main export of Sri Lanka and there is nothing better than to go to the seaside and watch the fishermen going about their daily work. Get a closer look at the lives of people living here; see toddy tapping, cultivations, and coconuts being collected by the locals.



## Meals included

Breakfast | Dinner



## Today's Activities

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.

Negombo Lagoon Boat Ride

Negombo

1h30m

5km

Get a closer look at daily life while cruising calmly along the Dutch canal, one of many canals in the city linking estuaries and lagoons together. Watch as Negombo's residents collect coconuts, and keep an eye out for the multitude of bird species in the area.

Fishing Market Walking Tour

Negombo

30m-45m

1km

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.

Day 3

## Negombo/Sigiriya

Spend 3 days exploring the ruins and monuments scattered throughout the Sigiriya region. The first visit is to the rock fortress of Sigiriya - a World Heritage Site.

Travel through the countryside to Sigiriya in Dambulla, the central province of Sri Lanka.



### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Negombo - Sigiriya

3h30m

135km

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

Yapahuwa Fortress Visit

Sigiriya

Visit the most important local ruin in the region - the splendid though short-lived rock fortress of Yapahuwa, which some consider to excel Sigiriya. Explore the ruins with a guide and climb to the top for an excellent view. Learn about Yapahuwa's history as the seat of government in the 13th century.

Day 4

## Sigiriya

Take an excursion to the Sigiriya rock fortress, which dates back more than 5,000 thousand years to the Mesolithic period.

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### Meals included

Breakfast

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### 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

Sigiriya

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

Visit the ruins of Polonnaruwa, the second ancient capital city. Its unbelievable beauty will take your breath away. In the afternoon, go on a walking tour of a Sri Lankan village and enjoy lunch prepared by the families of the community.

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## Meals included

Breakfast

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## Today's Activities

Polonnaruwa Ancient Capital Visit

Sigiriya

1h30m-2h

60km

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

Sri Lanka Village Tour

Sigiriya

1h30m-2h

3km

Wander through a typical Sri Lankan village to learn more about its residents and their way of life. Enjoy some local cuisine prepared by locals of the town and get a chance to interact with the community.

Private Vehicle

Sigiriya

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

In the morning, visit the Dambulla cave complex - a UNESCO World Heritage Site - as well as the archaeological site of Nalanda Gedige. Also visit a batik factory and a herbal centre for demonstrations.



## Meals included

Breakfast



## Today's Activities

Private Vehicle

Sigiriya - Kandy

3h

139km

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.

Nalanda Gedige Visit

Matale

45m-1h

2km

Discover combined Buddhist and Hindu architecture on this visit to Nalanda Gedige, a small and less-visited ancient site. Some of the designs are clearly Hindu, yet no Hindu gods are depicted. Also see some erotic, but eroded, Tantric Buddhist carvings, reminiscent of the famous Khajuraho Temple in India.

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.

Day 7

## Kandy

In the morning, the CEO will take the group for a stroll around Kandy Lake. Also visit the famous Temple of the Sacred Tooth, the Royal Botanical Gardens, Kandy Museum, and take in a cultural performance.



### Meals included

Breakfast



### Today's Activities

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.

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.

Kandy National Museum Visit

Kandy

45m-1h

1km

Take in some culture at the National Museum of Kandy, which is located in a section of the former Royal Palace. Find the main exhibit building in the Palle Vahala, which originally housed the King's harem. Exhibits include a selection of historic jewels, weapons, tools, and artworks.

Kandyan Cultural Dance

Kandy

1h

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

Kandy Orientation Walk

Kandy

1h

1km

Walk through the city and around Kandy Lake to get a better feel for the place.



### 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

Explore a traditional tea plantation in the central highlands and gain insight into the process of growing tea and its effect on the Ceylon region. Later, step back in history and have High Tea at the Grand Hotel.

Nuwara Eliya is a town founded by Sir Samuel Baker, a British officer who explored Lake Albert and the Nile. The town produces the finest Orange Pekoe Ceylon tea and is inhabited mainly by tea planters and plantation workers. The town, also known as 'Little England', offers a lot of options such as nature trails, golfing, and horse riding.



### Meals included

Breakfast



### 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

Visit the tea plantations with the workers to learn how to pick tea. The plantation families will allow the group to visit their homes and explain the hardships of the industry.

High Tea at the Grand Hotel

Nuwara Eliya

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/Yala

Drive to Buduruwagala and visit this ancient Buddhist temple complex. Continue to Yala National Park and embark on a safari wildlife safari drive. Famed for its elephants, the park is also home to monkeys, deer, leopards, and wild boars.



### Meals included

Breakfast | Dinner



### Today's Activities

Private Vehicle

Nuwara Eliya – Yala

5h-6h

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

Buduruwagala Temple Visit

Wellawaya

30m-1h

Visit Buduruwagala, an ancient Buddhist temple complex. The site dates back to the 10th century and is famed for its seven rock-cut Buddha statues.

Yala National Park Safari

Yala National Park

3h-3h30m

Head out on a safari in Yala National Park. Keep an eye out for leopards, elephants, jackals, sloth bears, sambars, spotted deer, crocodiles, and more than 200 bird species. Learn about its diverse wildlife and the history of the park.

Day 10

## Yala

Take a second safari wildlife-drive in Udawalawe National Park to see more elephants as well as jackals and crocodiles.

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### Meals included

Breakfast | Dinner

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### 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.

Visit Weligama and learn about stilt fishing – a tradition founded and practiced in this area. Experience the cultural history of Sri Lanka's south coast at the colonial Galle Fort. Following the tour, head to the beach.

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## Meals included

Breakfast

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## Today's Activities

Private Vehicle

Yala - Meda Wadduwa

6h-8h

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

Stilt Fishing Demonstration

Galle

Learn about stilt fishing in the Kathaluwa region near Galle – an age old practice still being followed by about 500 families. Head to the area to see fisherman already on their poles, waiting patiently to catch their fish.

Galle Fort Tour

Galle - Hikkaduwa

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

Day 12

## Meda Wadduwa

Pristine beaches offer a perfect setting to relax and unwind. Opt to go windsurfing, snorkelling or get an Ayurvedic spa treatment.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Meda Wadduwa

Relax in a tropical paradise or get active, the choice is yours.

Day 13

## Meda Wadduwa/Colombo

Enjoy the morning at leisure then travel to the capital, Colombo where the CEO will provide an orientation walk of the fort area and Pettah Bazaar.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Meda Wadduwa

Relax at the beach before heading back to the big city.

Private Vehicle

Meda Wadduwa - Colombo

4h-5h

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

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.

Day 14

## Colombo

Depart at any time.

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### Meals included

Breakfast

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### 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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- Arrival transfer
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## What are the main highlights of this trip?

Explore ruins and archaeological sites with local experts, taste local flavours at a village meal, gain insight into colonial history at a tea plantation and partake in "high tea", search out elephants on safari in National Parks, stare in awe at the stilt fishermen in Galle, relax after busy days at comfortable hotels and resorts

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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 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?**

13 breakfasts, 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 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 A/C van/minibus, boat, 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?**

Comfort Hotel/Resorts (13 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 is the joining hotel?**

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

## **What are the joining instructions?**

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

Please look for our driver who will be waiting for you with a G Adventures Sign with your name on it.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, they will leave you a message detailing what time and where you should meet the next morning. Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive some general and specific information about aspects of the trip.

## **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

An arrival transfer is included on this trip - 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 within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer providers directly at:

Colombo Airport:

Ashraf

>From outside Srilanka: +91 7777 885555

>From within Srilanka: 07777885555

Shan Shamsuddin

>From outside Srilanka +94 777790190

>From within Srilanka: 0777790190

## EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Delhi)

G Adventures South Asia Manager, Rishab (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

G Adventures Office Bangkok, Thailand

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

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## Are there any additional packing suggestions I should consider?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. 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?

### 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.)

## 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](#)

## 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](http://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 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?

### Kandy

- Ayurvedic Center

## **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 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 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 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 and "talk" 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/](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?

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 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.