



OAG Overseas Sri Lanka



IN PARTNERSHIP WITH INTREPID TRAVEL

#OutdoorAdventureGirls

OAG - Sri Lanka Adventure

12 days / 11 nights

About Your Trip

Start Location

Earl's Regent
Negombo, Asia

Accommodation

11 nights Hotel

Rooming Requirements

Single, Twin/Double Rooms

Included Meals

Breakfast 11
Lunch 3
Dinner 4

Transport

Air-conditioned vehicle transfers
throughout

Leader/Guide

1 English Speaking Leader
throughout

Included Activities

Refer to day by day itinerary below.

Entrance/Admission Fees

Where applicable with
included activities

Airport Transfers

Arrival and departure transfers are
Included based on group transfer.
(Group Basis)
Flight details are needed 30 days in
advance

Exclusions

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

OAG - Sri Lanka Adventure Itinerary.

Day 01: Arrival → Int. Airport – Negombo

Meal Plan (D)

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

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

An arrival transfer is included based on the recommended arrival flights.

Welcome dinner at a local restaurant included.

Accommodation

Earls Regent, Negombo or similar

Day 02: Negombo – Dambulla

Meal Plan (B)

Wake early this morning to catch the action at the Negombo fish market. Situated at the northern end of a lagoon, the market is renowned for lobsters, crabs and prawns. Weave through stalls piled high with seafood as the sellers call out their wares, and get a great insight into local commerce.

Later visit Thimble, a handicraft empowered by women in the village of Thalahena.

Thimble was started in 2006 to create livelihood opportunities for women in Thalahena, a small village on a narrow stretch of land in Negombo. In the past fishing was the only industry in Negombo and there was no local employment available for young women. Many were sent away to work in urban areas or the Middle East. At Thimble, the women learn new skills, work in a purpose-built studio with natural light and breeze, and have space for creativity, self-discovery, and independence. They specialize in colorful toys, bags, masks, stationery, and housewares that are handmade from upcycled and locally sourced materials. Their products are sold in hotels, galleries, and online stores in Sri Lanka and around the world. Thimble prioritizes local suppliers and supports local businesses. Each purchase benefits the women of Thalahena and the entire community.

After, proceed to Dambulla, check in to the hotel and relax for the evening!

Included Activities

- Early morning visit to the Negombo Fish Market
- Visit Thimble Handicraft

Accommodation

Sigiriana Resort by Thilanka or similar

Day 03: Dambulla – Sigiriya – Dambulla

Meal Plan (B, L)

After breakfast, make the short drive to Sigiriya. Here you'll have the opportunity to climb to the top of Lion Rock and visit its ancient fortress complex (approximately 2.5 hours round-trip on foot, including stairs). The 200 metre

high ancient remains of a defensive capital built by a fearful king, Lion Rock houses fifth-century frescos, terraced gardens and splashing fountains.

In the afternoon visit the Dambulla Village Heartbeat Empowerment Centre which is a heaven for local children, women and youth to access free of charge programmes and resources that help them build skills, reach their goals and obtain a better standard of life.

Many rural women find that they are left out when it comes to resource allocation for education or vocational training, being seen only in the role of mothers and homemakers. These free of charge courses give them an opportunity to engage in learning new skills, building confidence and improving their financial capabilities, which enables them to be more independent and have a say in their own life decisions.

The women's empowerment programmes in Dambulla include classes in Hair and Beauty, Dressmaking and Cookery & Bakery which provide valuable skills for women both within or outside the home in order to earn an income whether it is through a cottage industry or as a career woman or business owner, choosing to work on a part or full-time basis as it best suits their lifestyles.

Experience the Plates of Goodness initiative that was created as part of the Women's Empowerment Programme as a way for visitors not just to taste Sri Lankan food but also to experience how the meals are cooked, to understand, and learn about the spices and produce that go into making these plates of delicious goodness.

Visitors get to man the cooking station and learn to cook traditional village rice & curry, assisted by the women of the Empowerment Centre. This program has helped countless beneficiaries.

Included Activities

- Morning Climb the Sigiriya Rock Fortress
- Afternoon Visit Dambulla Heartbeat Women Empowerment Center
- Cooking Demo followed by Sri Lankan Lunch

Accommodation

Sigiriana Resort by Thilanka or similar

Day 04: Dambulla – Matale – Kandy

Meal Plan (B, L)

Located high on a cliff face are the impressive Dambulla Cave Temples. You'll have time to explore these this morning and admire the many Buddha images, frescoes and paintings. On the way to the physical and spiritual heart of the country and the former home of the last Sri Lankan King.

Afterwards drive towards Kandy via Matale. Stop for a short trek near Sudu Ganga in Matale. Upon completion of the trek have lunch at Gami Kamatha.

This evening observe locals worshipping in Kandy's Dalada Maligawa (Temple of the Tooth), one of Sri Lanka's most sacred shrines that houses a tooth relic of the Lord Buddha. With your free evening, perhaps follow the sound of rhythmic chopping to watch a chef transform a ball of dough into a huge sheet of wafer-thin roti, skilfully slice, griddle, mix with vegetables and spices and create kottu roti.

Included Activities

- Dambulla Cave Temple Visit
- Sudu Ganga Trek + Lunch in Matale
- Visit the Kandy Temple of Tooth

Accommodation

Thilanka Hotel, Kandy or similar

Day 05: Kandy

Meal Plan (B, L)

Spend this morning basking amongst rows of flowers and towering palm trees in the Royal Botanical Gardens, home to more than 4000 species of plants including orchids, spices, medicinal plants and various trees. It's a leisurely walk full of colour.

Later, explore Kandy, a pleasant city surrounded by lush countryside. It's home to a picturesque lake, old shops, a bustling market and some great restaurants. It was once the capital under the last Sri Lankan king, and the area managed to resist European control for hundreds of years, long after the coastal areas surrendered. Perhaps walk through the town to take in the sights of Kandy – explore the citadel.

Regroup for today's lunch, which is sure to be one to remember! Visit the Hela Bojun Restaurant, a social enterprise founded by the agriculture ministry of the Sri Lankan government to provide employment to women from local communities while training and empowering them. Here you'll enjoy some truly delicious Sri Lankan dishes while learning about the important work they do.

In the afternoon you will be welcomed into the home of a local dancer where you'll have the unique opportunity to watch an exclusive cultural performance in an intimate environment.

Included Activities

- Visit Peradeniya Royal Botanical Gardens
- Lunch at Hela Bojun – Kandy
- Kandy Private Cultural Dance Performance

Accommodation

Thilanka Hotel, Kandy or similar

Day 06: Kandy – Bandarawela

Meal Plan (B, D)

Have your camera at the ready and take a scenic journey into the highlands to Bandarawela. Journey past waterfalls, villages and up through the mountains on the way to this town in the cool highlands, once popular with British plantation managers. Look down over a sweeping vista filled with bright green tea bushes and vegetable gardens. Tonight, take a look behind closed doors and experience a slice of local life when you're invited into a local home for a cooking demonstration followed by a traditional dinner.

Included Activities

- Scenic Train Journey: Kandy to Bandarawela
- Cooking Demonstration followed by Traditional Dinner

Special Note:

Today's total travel time is approximately 7 hours.

**Train tickets are in very high demand. We always try our best to secure tickets, but on the rare occasion that we cannot book them, you will continue your journey by private vehicle.

Accommodation

Orient Hotel, Bandarawela or similar

Day 07: Bandarawela

Meal Plan (B)

Today proceed to do the Upper Diyataluma Trail. Get to know this 3.1 km out-and-back trail near Diyatalawa,

Badulla. Generally considered a moderately challenging route, it takes an average of 1 h 15 min to complete. This trail is great for hiking and walking, and it's unlikely you'll encounter many other people while exploring.

Return to the hotel in the afternoon and rest of the day at leisure!

Included Activities

- Upper Diyaluma Falls Trail

Accommodation

Orient Hotel, Bandarawela or similar

Day 08: Bandarawela – Yala (Tissamaharama)

Meal Plan (B, D)

Drive out to the wilderness of Yala National Park. Encompassing a variety of diverse ecosystems, the park has an impressive array of wildlife, including sloth bears and lots of birds. In the evening take a safari tour and get the binoculars out to search for the elusive leopards that lounge in trees or stalk through the brush, crocodiles that patrol the river or wild elephants that graze across the grasslands.

*Please note that during times of inclement weather, such as heavy rainfall, it may not be possible to visit the national parks and an alternative activity will be arranged.

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

Included Activities

- Half Day Wildlife Jeep Safari – Yala National Park (Afternoon)

Accommodation

Kithala Resort Tissa-Yala or similar

Day 09: Yala (Tissamaharama) – Tangalle

Meal Plan (B)

Start the day by discovering one of Sri Lanka's favourite ingredients. Try buffalo curd, served in bright terracotta pots with thick, golden treacle, often eaten as a snack, as an accompaniment to meals or as a dessert. Sri Lankans are famed for their sweet tooth and this is just about as sweet as it gets!

Continue the drive to a beautiful beach village down south, Tangalle. Check in to the hotel and relax! In the late evening drive towards Rekawa to visit the Turtle Conservation Project.

The Rekawa Turtle Watch is a conservation project which aims at protecting the nesting sites, thereby ensuring the eggs hatch safely and the baby turtles can return home. Travellers can embark on a turtle watching excursion in the evenings, between 8:30 pm and 11:30 pm, to catch a glimpse of turtles laying their eggs.

Useful Tips:

The Rekawa Turtle Watch is open from 8:00 pm to 1:00 am.

Full moon nights from January to April are the best time to watch turtles nesting.

Included Activities

- Curd & Treacle Tasting Experience
- Visit Rekawa Turtle Conservation Project

Accommodation

Sooriya Resort & Spa, Tangalle or similar

Day 10: Tangalle Meal Plan (B)

Today explore the wonderfully preserved colonial township of Galle, with a blend of European architecture and South Asian traditions. In the evening, take a tour of the Royal Dutch Fort, exploring the winding maze of galleryfilled narrow streets and 400 years of rich history. Return to Tangalle for the night.

Included Activities

- Galle Dutch Fort Walking Tour

Accommodation

Sooriya Resort & Spa, Tangalle or similar

Day 11: Tangalle – Colombo Meal Plan (B, D)

Bid farewell to Galle and make your way to Colombo, Sri Lanka's bustling capital city.

In the afternoon, follow your leader through the buzzing streets of the Colombo Fort on a walking tour. Make a stop at the Pettah fruit and vegetable market where you'll be fully immersed in the sights, sounds and smells of Colombo as you watch vendors and shoppers go about their business. Visit the striking candy cane coloured Red Mosque and its soaring minarets that can be seen from across the city. Further explorations will reveal Dutch and British influenced architecture, a hangover from the city's colonial past.

This evening you may like to join your leader and fellow travellers for a final group dinner to see out your Sri Lankan adventure.

Included Activities

- Colombo City Walking Tour
- Farewell Dinner

Accommodation

Fairway Colombo Hotel or similar

Day 12: Colombo – Int. Airport (Departure) Meal Plan (B)

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

Departure Transfer Included – Group Basis

Important Information

- Travel is always an adventure and, as destinations reopen, there are a few challenges as everyone gets back up to speed and adjusts to the new normal. Our leaders are experts when it comes to dealing with anything unexpected along the journey, so pack your understanding and flexibility, sit back and relax while they take care of the rest.
- All costs are per person in GBP based on indicated number of passengers travelling together as one movement. No arrangements are being held at this point and the costing is subject to availability at time of booking. In order to proceed, a deposit of GBP200per person is required and the remaining balance will need to be supplied at 70 days prior to departure.

Special Conditions

Final Balance

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

Cancellation by the traveller

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

Cancellation by Intrepid

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

Travel Insurance

Travel insurance is mandatory for all our travellers and must be taken out at the time of booking. Your travel insurance must provide cover against personal accident, death, medical expenses and emergency repatriation with a recommended minimum coverage of US\$200,000 for each of the categories of cover. We also strongly recommend it covers cancellation, curtailment, personal liability and loss of luggage and personal effects. You must provide your travel insurance policy number and the insurance company's 24-hour emergency contact number on the first day of your trip; you will not be able to join the trip without these details.