



# OAG Overseas Sri Lanka



IN PARTNERSHIP WITH **INTREPID TRAVEL**

@outdooradventuregirlsuk

# Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

## OAG - Taste of Sri Lanka 12 days / 11 nights

### About Your Trip

#### Start Location

Negombo – Sri Lanka

#### Finish Location

Colombo – Sri Lanka

#### Accommodation

Hotel x 11 Nights

#### Rooming Requirements

Twin Share/Single

#### Included Meals

11 x Breakfasts

6 x Lunches

5 x Dinners

#### Transport

Air-conditioned vehicle throughout

#### Leader/Guide

English Speaking Leader  
throughout

#### Included Activities

Per Daily itinerary

#### Entrance/Admission Fees

Where applicable with  
included activities

#### Airport Transfers

Arrival and departure transfers are  
included on a group basis

#### Support

24-hour support from our local  
office

#### 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

## Why choose Intrepid?

Our business is global, but our expertise is local, with innovative products operated by our experienced teams in-destination. Each year we create and deliver incredible travel experiences in more than 90 countries.

All our local leaders are trained in first aid and crisis management, and our hotels, vehicles, and activities are audited regularly to ensure they meet international standards. We operate with full public liability insurance and OH&S policies and have rigid risk mitigation and emergency procedures, so your product is delivered safely.



### Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people.



### Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



### Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

## About your Tour Leader

### Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader 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 places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

# OAG - Taste of Sri Lanka Itinerary

**Day 1: 06th March 2027**

**Destination: Arrive Colombo**

**Meals Included: Dinner**

Welcome to Sri Lanka!

Ayu-bowan! Welcome to Sri Lanka. Your adventure begins in the beachside town of Negombo with a welcome meeting at 5.30 pm. Known for its centuries-old fishing industry, Negombo is a historic port city close to Sri Lanka's international airport. If you arrive early, maybe watch the fishing boats head out to sea, stroll along the beach to see the daily catch drying in the sun or indulge in a seafood feast. The surrounding countryside, with its network of canals, is a fascinating slice of Sri Lankan rural life and is best explored by bicycle. Tonight, a welcome dinner is organized so that you would familiarize yourself with the other travellers.

## **Arrival Transfer**

- Arrival transfer to Negombo on group basis
- Welcome Dinner

## **Accommodation**

Corundum Breeze or similar

## **Special Information:**

It's very important that you attend the welcome meeting as we will be collecting insurance and emergency contact details at this time. If you are going to be late please let your travel agent or hotel reception know. Ask reception or look for a note in the lobby for more information on where the meeting will take place.

Some travellers have reported being approached by locals offering excursions before their Intrepid trip commences. This has been particularly prevalent in and around the hotels used by Intrepid. These guides are in no way connected to Intrepid and we cannot guarantee the safety or quality standards of their tours. We advise customers against joining any tour offered by the unauthorised guides.

**Day 2: 07th March 2027**

**Destination: Negombo – Sigiriya**

**Meals Included: Breakfast & Lunch only**

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. Continue to a coconut plantation to discover why this super food is so central to life in Sri Lanka. Learn how all parts of the tree play an important role in daily life, sip the water of a king coconut, watch 'toddy tappers' extract the palm wine from the coconut sap and taste the results. Enjoy a Sri Lankan rice and curry lunch before heading inland to Dambulla, home to ornate cave temples and surrounded by natural wonders and historic sites. After checking into your accommodation (Or before depending on time) visit the Impact Center done in collaboration with our TIF Partner – Zero Plastic. The impact centre connects approximately 100 local underprivileged artisans and craftsmen with the tourism economy in Sigiriya, rebuilding access to markets that were lost due to the invasion of plastic products.

This will be Sri Lanka's first Plastic Alternative Promotion & Innovation Center — a unique space where visitors can:

- Experience authentic Sri Lankan craftsmanship
- Meet and connect directly with the craftsmen behind each creation

Each craftsman will be backed by the ZeroPlastic Movement, with support to improve product quality, visibility, and market access. Your evening is free to explore. You may like to join your leader on an optional street food crawl for

an introduction to some staple Sri Lankan 'short eats' (snack food), including famous hoppers (bowl-shaped savoury pancakes).

#### **Included Activities**

- Madampe - Coconut plantation visit
- Negombo Fish Market Visit (Per Person)
- Visit to the Impact Centre.

#### **Accommodation**

Kassapa Lions Rock or similar

#### **Special Information**

Your travel time today will be approximately 3 hours.

### **Day 3: 08th March 2027**

**Destination: Sigiriya**

**Meals Included: Breakfast & Lunch only**

After breakfast, make the short drive to the UNESCO World Heritage site of Sigiriya. Here, you can climb to the top of Lion Rock and visit the ancient fortress complex. The 200 m high ancient remains of a defensive capital, Lion Rock houses fifth-century frescos, terraced gardens and fountains. Next, see the age-old traditions at a nearby chena cultivation area, which is one of the oldest forms of agriculture known to humans. It's particularly popular in the dry zone of the country where it rains for only a few months of the year, and principal crops are tropical vegetables, cereals, grains, yams and corn. Then, feast on tropical vegetables, curry made with tapioca and fried fish caught in the nearby lake for lunch. In the late afternoon, return to Dambulla to explore the wholesale market. Boasting an incredible array of fresh food, much of which is transported to Colombo, this is the perfect place to get a sense of Sri Lanka's agricultural diversity. The rest of the evening is free for your own adventures.

#### **Included Activities**

- Dambulla - Wholesale Markets tour
- Sigiriya - Lion Rock Fortress Visit
- Sigiriya - Chena Cultivation tour by jeep

#### **Accommodation**

Kassapa Lions Rock or similar

#### **Special Information:**

Your walk to and from Lion Rock will take approximately 2.5 hours, including the time it takes to climb the many stairs. Scaling Lion Rock involves walking up lots of rough, narrow steps and tight walkways. Good walking shoes and a reasonable level of fitness are recommended for this activity. If you prefer not to participate, you will be able to enjoy the gardens and museum at the base of Lion Rock.

### **Day 4: 09th March 2027**

**Destination: Sigiriya- Kandy.**

**Meals Included: Breakfast,**

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, stop for a visit at a spice garden in the renowned spice-growing region of Matale. Sri Lankans are the masters of spice and here you can learn how spices aren't just used in food, but also cosmetics and ayurvedic medicine. If you wish, you may have a lunch here. Continue to Kandy, home to a lake, old shops, a bustling market and some great restaurants. 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**

- Kandy Temple of Tooth Visit
- The Dambulla Cave Temples Visit (Per Person)

#### **Accommodation**

Senani Hotel or similar

#### **Special Information**

Your travel time today will be approximately 2 hours.

There are many steps to reach the caves and a dress code which requires you to remove your shoes and cover up your shoulders and legs.

#### **Day 5: 10th March 2027**

##### **Destination: Kandy**

##### **Meals Included: Breakfast & Dinner only**

Kick off the day with a guided walk around Kandy's busy city centre, then visit a tea factory. After, take a tour of the Central Market and samples of local fresh fruits. The rest of the day is free for you to explore. Kandy is home to a National Museum and several monasteries, and there are many scenic walks around town. In the early evening, join a Sinhalese family to get your sugar fix with a Kandyan sweet-filled Sri Lankan dinner and cooking class. Try your hand at crafting string hoppers, pressing a smooth rice dough into noodle-thin strands to form perfect discs (this is an art that takes some practice to master!), try a chicken curry made with spice-infused coconut milk, closer to a Thai curry than a North Indian one. Then fill up on specialty sweets inspired by Dutch and Portuguese dessert traditions.

#### **Included Activities**

- Kandy - Cooking Class in a Sinhalese Home
- Kandy - Tea factory visit
- Kandy - Market wander & tastings

#### **Accommodation**

Senani Hotel or similar

#### **Special Information:**

Your travel time today will be approximately 2.5 hours. Your hiking time will be approximately 2 to 3 hours.

#### **Day 6: 11th March 2027**

##### **Destination: Kandy – Ambewela – Bandarawela**

##### **Meals Included: Breakfast & Dinner only**

Today you will take a drive to Ambewela, from there you will board the train to Bandarawela so have your camera at the ready and take a scenic journey into the highlands to Bandarawela. Journey past lush tea estates, 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 the 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**

- Bandarawela - Cooking Demonstration & Local Meal
- Ambewela - Scenic train ride from Ambewela to Bandarawela

#### **Accommodation**

Orient Hotel or similar

#### **Special Information**

Your travel time today will be approximately 7 hours.

Due to the impacts of cyclone Ditwah train lines are expected to be unavailable until further notice. If your train journey cannot run, we'll arrange vehicle transport instead so your adventure can continue without interruption.

To secure a reserved seat for your train journey we require your full passport details at least 45 days before departure. If we receive your passport details after this, we may not be able to secure your train ticket. We always try our best to secure tickets, in cases where train tickets are unavailable due to high demand, you will continue your journey by private vehicle.

#### **Day 7: 12th March 2027**

**Destination: Bandarawela**

**Meals Included: Breakfast & Lunch only**

Rise early and head to the region's tea plantations. Take a hike through the tea fields, learning about the country's most important export and meet local tea pickers who will show you their craft and let you have a go at picking and weighing tea. After, travel out to the town of Haputale for a home-cooked lunch with a Tamil family. Tear into traditional Tamil cuisine with dosa (a crispy rice pancake) and idli (a savoury steamed rice cake served with curry sauces or chutneys). Return to Bandarawela in the late afternoon and soak up the rural charm of the town and the beautiful surrounding landscapes.

#### **Included Activities**

- Haputale - Tamil family lunch
- Bandarawela - Hike through tea fields

#### **Accommodation**

Orient Hotel or similar

#### **Special Information**

Your travel time today will be approximately 2 hours. Your hiking time will be approximately 2.5 hours or 5 km.

Comfortable shoes and clothing are recommended for today. If you'd prefer not to join the hike, you will be transported to our lunch spot where the group will re-join you after the hike.

**Day 8: 13th March 2027****Destination: Bandarawela – Tissamaharama****Meals Included: Breakfast & Dinner**

Drive out to the wilderness of Yala National Park (or Udawalawe National Park in the off season). 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 and 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.

**Included Activities**

- Yala/Udawalawe National Park - Wildlife safari

**Accommodation**

Oakray Wild or similar

**Special Information**

Your travel time today will be approximately 2 hours. In September and October, when Yala National Park is closed annually for infrastructure development and rejuvenation, we follow the alternate itinerary of Udawalawe National Park. 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. Overtourism and lack of sustainable management practices have become a major concern for us in continuing to visit Yala. In order to reduce our impact on wildlife and the environment we are trialling visiting a less touristed section of Yala, known as Block 5. Should we determine that high tourist numbers at Block 5 also make it difficult to continue visiting responsibly we will change our itinerary to visit Udawalawe National Park, where wild elephants, wild buffalo, sambar deer and leopards also reside.

**Day 9: 14th March 2027****Destination: Mirissa****Meals Included: Breakfast & Lunch**

Start the day by discovering one of Sri Lanka's favourite ingredients. Try buffalo curd, served in bright terracotta pots with golden treacle, which is often eaten as a snack or as an accompaniment to meals or as a dessert. Spend the day relaxing or exploring the golden sands of Sri Lanka's southern coastline. You may like to take a bicycle ride or tuk-tuk to watch colourful fishing boats bring back their loads of fresh fish to sell along the shore.

You will gain a unique insight into local life this afternoon when you meet with a local fisherman and learn about the craft, and how the lives of fisherman have changed since the tsunami. Enjoy the freshest seafood lunch with a fisherman's family – likely, a crab curry.

**Included Activities**

- Curd Tasting
- Mirissa - Fisherman's lunch

**Accommodation**

Paradise Beach Club or similar

**Special Information**

Your travel time today will be approximately 3 hours.

Previous travellers have raised animal welfare concerns about whale-watching experiences in this part of Sri Lanka. Intrepid follows the best practice guidelines for whale and dolphin watching provided by our Intrepid Foundation partner, Whale & Dolphin Conservation. Unfortunately, there are currently no operators in the region that comply

with these guidelines. For this reason, we are currently not able to offer or recommend whale and dolphin watching as an optional activity here.

#### **Day 10: 15th March 2027**

**Destination: Mirissa**

**Meals Included: Breakfast & Lunch only**

Today you'll visit to the wonderfully preserved township of Galle, with a blend of European architecture and South Asian traditions. Have a lunch of Biryani and watalappam (coconut custard pudding) with a local family. In the evening, take a tour of the Royal Dutch Fort, exploring the winding maze of gallery-filled narrow streets and 400 years of rich history. Return to Mirissa for the night.

#### **Included Activities**

- Galle - Biryani Lunch
- Galle - Dutch Fort
- Galle - Walking tour

#### **Accommodation**

Paradise Beach Club or similar

#### **Special Information**

Your travel time today will be approximately 2 hours.

#### **Day 11: 16th March 2027**

**Destination: Mirissa - Colombo**

**Meals Included: Breakfast , Lunch & Dinner only**

Head north for the final stop on your food adventure, Colombo – Sri Lanka's commercial heart. This city is a mix of street markets, historic buildings, museums, restaurants and great shopping. Snack your way through on an included city tour around lanes filled with short eats and popular local eateries, finishing at Galle Face Beach, famous for its street food. Enjoy a final Dutch Burgher-influenced meal and celebrate the end of your food adventure with new friends.

#### **Included Activities**

- Dutch Lamprais lunch at Dutch Burgher Union
- Farewell Dinner

#### **Accommodation**

Fariway City Hotel or similar

#### **Special Information**

Your travel time today will be approximately 2.5 hours.

#### **Day 12: 17th March 2027**

**Destination: Colombo – BIA**

**Meals Included: Breakfast only**

Your food adventure in Sri Lanka comes to an end after breakfast this morning. There are no activities planned for this final day and you are free to leave at any time.

**Included Activities**

- Group Departure to airport

**END OF OUR SERVICES**

# Important Information

- The quote and accommodation will be subject to availability at the time of booking
- Some travellers have reported being approached by locals offering excursions before their Intrepid trip commences. This has been particularly prevalent in and around the hotels used by Intrepid. These guides are in no way connected to Intrepid and we cannot guarantee the safety or quality standards of their tours. We advise customers against joining any tour offered by the unauthorised guides.
- A single supplement is available if you'd prefer not to share a room on this trip. The single supplement applies to all nights of your trip and is subject to availability. Please speak to your booking agent for further information.
- While we endeavour to cater for specific dietary requirements, some meals and food activities are set in advance and may be difficult to adjust. Please advise us of any dietary requirements at the time of booking so that we can ensure you'll enjoy this trip.
- Please provide your full name and passport number exactly as it appears on your passport at the time of booking (including any middle names listed on your passport). If we do not receive your passport details in time, we cannot guarantee your train journey. Fees may apply for adding or amending details within 45 days of departure, and in some cases, you will be required to cover the cost of issuing a new ticket. Train tickets are in very high demand in Sri Lanka. We always try our best to secure tickets, but if we cannot book them, you will continue your journey by private vehicle.

## Passports, visas and entry requirements

### PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

### VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites or on our page here: <http://www.intrepidtravel.com/visa-entry-requirements>

### INFORMATION REQUIRED FOR SRI LANKA TRAIN TICKET BOOKINGS

Train tickets in Sri Lanka must be booked with passport numbers. Please make sure you provide us with your correct passport number no later than 60 days prior to departure. If you have to renew your passport after booking please notify us as soon as you have a new passport number.

## Medical and health information

### GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

#### **MOSQUITIO-BORNE ILLNESSES:**

All regions of Sri Lanka can experience outbreaks of dengue fever, with cases more prevalent in the west of the country. There is no vaccination against it, but there are preventative measures that you can take such as wearing long clothing, using repellent and being indoors particularly around dusk and dawn. If you have a fever or feel unwell, please let your leader know right away. Outbreaks of other mosquito-borne diseases (including chikungunya fever, Japanese encephalitis and filariasis) occur regularly. Protect yourself against mosquito-borne illnesses by taking measures to avoid insect bites.

#### **Food and dietary requirements**

##### **SRI LANKAN FOOD:**

Sri Lankan food is, put simply, delicious! Here's some advice on the best local dishes to try:

<https://www.intrepidtravel.com/adventures/eat-like-a-local-in-sri-lanka/>

<https://www.intrepidtravel.com/adventures/best-breakfasts-sri-lanka/>

##### **Vegetarians & vegans also won't go hungry:**

<https://www.intrepidtravel.com/adventures/vegetarian-vegan-food-guide-sri-lanka/>

#### **Accommodation**

##### **OCCASIONAL ALTERNATIVE ACCOMMODATION**

The style of accommodation indicated in the Itinerary is a guideline. On rare occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our usual accommodation. A similar standard of accommodation will be used in these instances.

##### **TWIN SHARE**

Accommodation on this trip is on a twin share basis, unless otherwise stated in the Itinerary. There may be times when facilities are shared, rather than ensuite, which will also be mentioned in the Itinerary if applicable.

##### **CHECK-IN TIME**

Throughout the trip we request that hotels prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However, this isn't always possible. Instead, we can store our luggage and explore our new destination before checking in.

##### **PRE/POST TRIP ACCOMMODATION**

If you've purchased pre-trip or post-trip accommodation (subject to availability), you may be required to change rooms from your trip accommodation for these extra nights.

##### **AIR CONDITIONING**

All hotels on this trip have fans, but not all will have air conditioning.

This trip includes 2 nights of camping (days 3 & 4) in the Knuckles Mountain Range. Facilities are basic but clean, and the tent will be put up for you.

#### **Transport**

Private vehicle, Jeep, Taxi, Kayak, Mountain Bike, Train

## **MOTORCYCLES:**

Your travel insurance policy is unlikely to cover you when riding a motorcycle. We do not include or offer motorcycle activities on any of our trips in Sri Lanka.

## **TAXIS:**

Use the taxi services from within the arrivals terminal at the airport or taxi services arranged through your booking agent. If you have a local SIM card, ride-sharing services, such as Uber, are available in major cities.

## **Money matters**

### **SPENDING MONEY**

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

### **SRI LANKA MONEY**

The official currency of Sri Lanka is the Rupee (LKR). You can use your credit/debit card in ATMs, which are common throughout Sri Lanka. Cash is the most common form of payment. Major credit cards are only accepted in larger shops and restaurants in big cities.

Suggested budget for meals not included - USD\$350

### **TIPPING**

Tipping can be an appropriate way to recognise great service when travelling. While it may not be customary in your home country, it is an entrenched feature of the tourism industry across many of our destinations and is greatly appreciated by the people who take care of you during your travels. It is always best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult rather than the goodwill gesture it is intended to be.

### **OPTIONAL TIPPING KITTY**

On Day 1 of your trip, your group leader or local representative may discuss with you the idea of operating a group tipping kitty, whereby everybody contributes an equal amount and your group leader or local representative distributes tips for drivers, local guides, hotel staff and other services included on your trip. Participation in this kitty is your choice, and you are welcome to manage your own tipping separately if you prefer.

The group leader or local representative will keep a running record of all monies spent, which can be checked at any time. Any funds remaining at the end of the trip will be returned to group members. These tips to suppliers are for great service and are in addition to the regular costs paid for the services supplied.

The tipping kitty excludes tips for your group leader or local representative, and providers of optional activities.

Optional tipping kitty for this trip: LKR 5900 per person

### **YOUR GROUP LEADER OR LOCAL REPRESENTATIVE**

Tipping your group leader or local representative is highly appreciated if you feel they've provided outstanding services throughout your trip. The amount is entirely a personal preference; however, as a guideline, the recommended amount is 4-7 USD or EUR per traveller per day (in a currency relevant to your destination). Of course, you are free to tip more or less as you see fit, depending on your perception of service quality and the length and involvement of your group leader or local representative on your trip.

### **BUS DRIVERS AND BUS ATTENDANTS**

You may like to tip your bus driver and bus attendant who take care of you during your trip. We recommend you budget approximately USD 4 – 5 per day, which will be shared among the bus crew.

## CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. We are not responsible for any incidental expenses that may be incurred because of changes to itineraries, including but not limited to visas, vaccinations or non-refundable flights.

Make sure you have access to an extra USD 500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved.

The recommended amount is listed in USD for the reliability of all travellers; however, local currency may be needed once in the country to cover these costs. Please confirm with your leader on Day 1 if you need to carry this in cash, or whether access via card or electronically is sufficient.

## COMMISSIONS

Intrepid understands that the receipt of commissions in exchange for recommending particular shops or services is ingrained in the culture of the tourism industry. For this reason, we have established a centralised fund for contributions from recommended suppliers so these can be collected and distributed back into the business. Actively managing the receipt of commissions helps us maintain the level of quality you expect on one of our trips. Travel is always an adventure so Intrepid cannot explicitly guarantee the quality of a product but we aim to provide the best value trips in the market. Please let us know via the feedback form completed after your trip if we are successfully meeting - or exceeding - this objective.

## Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances.

Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are convenient although we recommend your bag has carry straps. A lockable bag or small padlock is useful.

You'll also need a day pack/bag to carry water, camera, and jacket etc. when you're exploring during the day and for your overnight hike into the tea plantations.

Below are some ideas and helpful tips on what you specifically need for this trip.

### ESSENTIALS:

- Lightweight clothing. You will need to bring a mixture of lightweight clothing and warm layers. Long shirts and pants for protection against mosquitoes are useful. Clothes should be easy to wash and dry. Maybe bring a change of smart clothes for dinner in Colombo. Please also bring clothing that covers arms and pants/skirts that go past the knee for entry into local temples. For women, a light scarf is also a good idea for covering shoulders and arms when hot.
- Closed-in shoes will help to protect your feet from cuts and scratches when walking through cities as well as bush/grass-lands, and will also act as a barrier protection in rare cases against bites or stings.
- Sun protection - hat, sunscreen, sunglasses

### RECOMMENDED:

- The Hill country of Sri Lanka can be cold, especially on the tea plantation hike. Please bring a light, warm waterproof jacket.
- Hiking boots, socks and light hiking clothing such as synthetic T shirt styles that wick away moisture
- Long hiking pants (as area can be subject to leeches)
- Personal medical kit. A larger kit will be on hand with your leader, but we recommend you carry items such as mild pain killers, electrolytes, Band-Aids and insect repellent.

- Water bottle. We recommend at least a 1.5litre capacity. The sale of bottled water contributes to an enormous environmental problem around the world.
- Camera / phone.

#### **OPTIONAL:**

- Ear plugs to guard against street noise, barking dogs and snorers.
- A good book, journal and music player.

#### **LUGGAGE LIMIT:**

Please keep your luggage to a minimum. One small soft-sided bag plus a day pack (no more than 15-20kgs in total per person) is essential. We recommend against bringing hard/externally framed suitcases as they are difficult to store and can damage equipment and other travellers' belongings. If your trip is beginning and ending at the same location, excess luggage can usually be stored at your arrival/departure hotel and can be collected after your trip.

#### **VALUABLES:**

Please try to avoid bringing unnecessary valuables, and use your hotel safe. It's also a good idea to purchase a money belt or pouch that is easily hidden. We strongly recommend that you photocopy all important documents e.g. air tickets, passport, vaccination certificate, etc. and keep the copies separate from the originals. While not valid, a photocopy makes it very much easier to obtain replacements if necessary.

#### **BATTERIES/POWER:**

Most of our trips have access to power to recharge batteries for phones and cameras every day . We recommend that you carry an extra battery for your camera and/or a small portable power bank.

#### **MORE!**

If you need some further tips for packing, you can always check out our ultimate packing list.

<https://www.intrepidtravel.com/packing-list>

#### **CLOTHING FOR TEMPLE VISITS**

When visiting temples in Sri Lanka, it's traditional and a sign of respect to wear white or light-coloured clothing and to have your shoulders and knees covered.

#### **Phone and internet access**

Hotels in Sri Lanka generally have excellent WiFi connections. Most hotels offer free WiFi in public areas, with many also offering in room WiFi. Your tour leader will offer you the best advice on communications in remote areas of the country. You can purchase a local SIM card at the airport on arrival. Etisalat and Airtel are two of the bigger operators with the best nationwide coverage.

#### **INTREPID APP**

Make your journey smoother with the Intrepid app. Access this Essential Trip Information anytime, get real-time trip updates, connect with your leader and fellow travellers, and share your experiences along the way. Learn more:

<https://www.intrepidtravel.com/au/app>

All our trips will be live in the Intrepid app by the end of 2026. We appreciate your patience while we work towards a seamless experience for all of our travellers.

#### **Climate and seasonal information**

##### **SRI LANKA WEATHER:**

Weather in Sri Lanka can vary depending on the time of year and part of Sri Lanka you are travelling to. The monsoon season is December to March in the northeast and May to October in the southwest. Flooding and landslides can occur during this time, so be ready for some delays in land travel or some reroutes to avoid affected areas. The summer months in Sri Lanka are very hot with short, sharp monsoons in the southwest. Be sure to use adequate sun protection and drink plenty of water if you are visiting during this period of the year.

## **PERAHERA FESTIVAL**

This annual festival, held in July or August, is a 10 day period of evening processions to honour the Sacred Tooth, which is enshrined at Kandy's Temple of the Tooth. The event features a parade of more than 50 decorated elephants. Due to our stance on elephant cruelty we do not include the festival and cannot purchase tickets on your behalf.

### **Group Leader**

All group trips are accompanied by one of our group leader or local representative. The aim of the group leader or local representative is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced group leader or local representative however, due to the seasonality of travel, rare situations may arise where your group leader or local representative is new to a particular region or training other group leader or local representative.

Your group leader or local representative 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 places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group leader or local representative can recommend a local guide service in most of the main destinations of your trip.

### **Safety**

#### **TRAVEL ADVISORIES & ALERTS**

We recommend that you check your government's foreign travel advisory for the latest information about the destination before you travel. You will also need to ensure that your travel insurance covers you for all destinations and activities on your trip. We also recommend saving the phone number for emergency consular assistance for your government's consulate in the destination/s you'll be travelling. Links to travel advisories and any current travel alerts for our trips can be found here: <https://www.intrepidtravel.com/travel-alerts>

#### **PERSONAL SAFETY**

Ensure you have a secure method of carrying your passport, phone, credit cards and cash while travelling such as a money belt. Leave all other high value items, including jewellery, at home Use safety deposit boxes at hotels to store your valuables when available and ensure your luggage is lockable. Be aware of the risk of pick-pocketing and petty theft. Exercise caution when walking at night, don't walk alone and stick to well-lit streets wherever possible. Be vigilant on public transport and look out for your fellow travellers. Take precautions such as carrying your bag in front of you and never leaving personal items unattended.

#### **LGBTQIA+ TRAVELLERS**

Intrepid welcomes all LGBTQIA+ customers on our trips, however we operate in parts of the world that are less accepting. We support LGBTQIA+ customers to travel to these destinations and are committed to ensuring they face no discrimination on any part of the trip we control. We recommend you visit Equaldex (<https://www.equaldex.com/>) and your government's foreign travel advice for LGBTQIA+ travellers when choosing your trip.

<https://www.intrepidtravel.com/safety-guidelines>

#### **CURRENT SITUATION:**

The recent terrorist attacks were a tragic event and have had a serious impact on tourism in the country. Intrepid has a strong commitment to our local staff and the communities we visit and are continuing to operate all our trips in Sri Lanka. While the security situation is now much more stable, you will still see a high police presence in towns and cities and many check points are still in place. We continue to follow government travel advisories and local authorities in operating our trips in Sri Lanka. We don't anticipate major changes to your itinerary at this time, however it's important to be aware that the country is still recovering and things like travel times between destinations and time taken to go through security at the airport may be affected.

**POLITICAL TENSION:**

Demonstrations and large public gatherings can turn violent or be a target for politically-motivated attacks. Police have used tear gas and water cannons in response to protests. Curfews can be imposed at short notice. You should avoid all large public gatherings and follow advice of your leader. Some security forces maintain a visible presence, particularly in the northern and eastern provinces. Military and police checkpoints can be established and road closures can occur without warning.

**PETTY CRIME:**

Pick-pocketing, bag snatching and other petty crime occurs in Sri Lanka, particularly in crowded places such as tourist areas, markets and on public transport. Carry only what you need and always use hotel safes where available. Card skimming has been known to occur - only use ATMs attached to banks or at major hotels. Some tourists unwittingly buy counterfeit goods, particularly jewellery and gems - be aware you may not be buying the real thing.

**LOCAL LAWS:**

You must carry a form of official photo identification with you at all times - a copy of your passport is a good idea. Be aware that smoking and drinking in most public places is illegal.

**WOMEN'S SAFETY:**

Women should exercise caution when travelling in Sri Lanka. While the risk of an incident occurring on your trip is very low, below are some things you can do for your safety and peace of mind when travelling:

- Respect local dress codes and customs, perhaps dressing more conservatively than you do at home
- Avoid isolated areas, including beaches, unlit city streets and village lanes when alone at any time of day
- Avoid travelling alone on public transport, or in taxis or auto-rickshaws at night
- If you're being collected at the airport by a driver make sure they have properly identified themselves before you set off.

**BICYCLE HELMETS:**

Please note that helmets are not always provided for sightseeing on bicycles. If you wish you can bring along your own.

**Community guidelines**

Intrepid won't tolerate any kind of violence, harassment (whether physical, verbal or sexual), or disrespect toward fellow travellers, our teams or local communities.

To ensure the wellbeing of everyone on the trip, decisions made by your group leader are final.

Romantic relationships between travellers and group leader or local representative are not permitted while on trip.

Any behaviour that prevents your leader from continuing the itinerary as planned, breaks local laws or opposes any of these guidelines may result in Intrepid denying your booking or removing you from the trip.

If something concerns you during your travels, please speak to your group leader immediately. Alternatively, you can contact us on the emergency contact number detailed in the Problems and Emergency Contact Information section of this Essential Trip Information.

**Travelling on a group trip**

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

## **SOLO TRAVELLERS**

On our trips, rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender, as per the gender marker on each of their passports.

We also offer an optional single supplement on most trips for travellers who prefer to have their own room. This only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will always be on a single-room basis.

On a small selection of trips some accommodation will be open-gender and multishare, such as a felucca in Egypt or an overnight train in Vietnam. Please review the Accommodation section of the Essential Trip Information for details about your trip.

## **LGBTQIA+ TRAVELLERS**

We strive to create a safe and inclusive environment for everyone. If your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

## **Travel insurance**

Travel insurance is compulsory on all our trips for those travelling internationally. We require that, at a minimum, you are covered for medical expenses, including emergency repatriation. If you are travelling within your home country or region, please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your group leader or local representative.

If you have credit card insurance, your group leader or local representative will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number, rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

For travellers who reside within the European Union, Switzerland or the USA, the requirement to purchase travel insurance cannot be compulsory. However, the purchase of travel insurance is still highly recommended, and each country you visit may have its own specific entry requirements. For example, some mandate travel health insurance for all foreign travellers, regardless of their nationality. Travellers from the European Union, Switzerland or the USA who decline travel insurance when travelling outside their home region must sign a Travel Insurance Waiver Form at the Group Meeting, recognizing personal responsibility for emergency medical and repatriation costs should they arise.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

## **Responsible travel**

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip leaders and local representatives, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

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<https://www.intrepidtravel.com/responsible-travel>

#### **LOCAL DRESS:**

When packing be aware that dress standards are conservative throughout Asia, especially outside major cities. To respect this and for your own comfort, we strongly recommend modest clothing. This means clothing that covers your shoulders and knees. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. In many rural areas in Asia women will need to wear modest clothing even to swim. Singlets, tank tops and topless sun bathing are all unacceptable. When visiting religious sites men often need to wear long trousers and women a long skirt or sarong.

#### **BUDDHA IMAGES:**

Posing for a photograph next to a statue of Buddha is considered extremely disrespectful or even illegal as is mistreatment of Buddhist images, which can include the wearing of tattoos, jewellery or clothing associated with Buddhism.

#### **ELEPHANT PERFORMANCES & ELEPHANT RIDING:**

While we respect each individual's decisions while travelling, Intrepid does not include elephant rides or unnatural performance activities on any itinerary, and we recommend you bypass these activities should they be offered to you during your stay. Professional wildlife conservation and animal welfare organisations, including World Animal Protection, advise that contrary to common belief, captive elephants remain wild animals and despite good intentions, unfortunately, many venues are unable to provide the appropriate living conditions elephants require and this ultimately impacts their well-being. While there is some merit in the argument that the money you pay for the activity goes towards keeping the elephants and their mahouts employed, we know that it also fuels demand for elephants to be captured in the wild or captive-bred. We thank you for your support in improving the welfare of these majestic creatures. Further information is available on the below link:

<http://www.intrepidtravel.com/elephants-welfare>

#### **The Intrepid Foundation**

Our non-profit, The Intrepid Foundation, gives travellers more opportunities to make a positive impact in the places they visit.

We have over 50 Intrepid Foundation partners across the globe addressing four key focus areas: protecting the environment, taking a stand for wildlife, addressing inequality and empowering communities.

Intrepid matches all post-trip donations dollar for dollar and takes care of the admin fees – this doubles your impact and ensures every cent goes to our partners on the ground.

Visit our website for more info: <http://www.theintrepidfoundation.org/>

This trip supports Zero Plastic, who aim to reduce plastic waste in Sri Lankan communities through education and volunteer programs. Donations help fund their Team Up To Clean Up project, which raises awareness about the impact of plastic on the environment and local wildlife and reduces plastic pollution at the UNESCO-listed Sigiriya (and surrounding communities). Intrepid will double your impact by dollar-matching post-trip donations made to The Intrepid Foundation. To find out more or make a donation, visit <https://www.theintrepidfoundation.org/t/zero-plastic>

# Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.