

11 Days

Sri Lanka

Buddha and the Temple of the Tooth

Join us on the Emerald Island of Sri Lanka for a journey into the history, culture and religion of this remarkable island. With influences from Buddhism, Hinduism and Islam, European traders and colonial powers, ancient kingdoms and, of course, cricket. Sri Lanka offers a warm welcome, dramatic scenery, and a laid back easy-going nature that means you'll quickly feel at home. On this itinerary we take in the highlights of the central hills and mountains, before getting active with some trekking and white water rafting. To finish off we have a wildlife safari in the south and a closing night on a glorious beach before our flight home.



Recommended tour itinerary

Day
1-2

Arrive Sri Lanka

We arrive at Bandaranayake International airport and are met before being transferred to Negombo. We will enjoy an evening city tour followed by dinner and overnight stay at our hotel.

Day
3

Negombo to Sigiriya

After breakfast, we transfer inland to the ancient city of Sigiriya; a premier ecotourism destination in Sri Lanka and a UNESCO World Heritage site. In the evening, we will take the dramatic footpath climb to the summit of the rock fortress. Dinner and overnight at hotel in Sigiriya.

Day
4

Sigiriya to Polonnaruwa

Visit Polonnaruwa, one of Sri Lanka's ancient capital cities, by bike. The city itself is divided into a new and old town with the impressively preserved ruins split into five main areas in a compact layout, making for easy exploration. We have a village lunch in the local paddy fields and enjoy a tour of this area in the evening.

Day
5

To Kandy & the Temple of the Tooth Relic

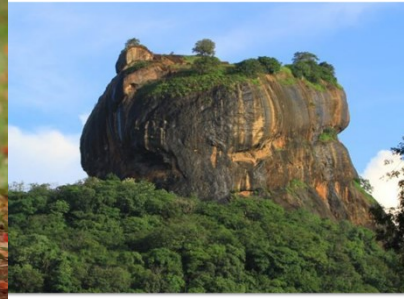
Depart Sigiriya after breakfast to journey to Kandy, Sri Lanka's famous hill station and another UNESCO World Heritage site. En route, we visit Dambulla Rock Temple, known for its beautiful ancient cave temples and a huge modern statue of Buddha. Check in to our accommodation in Kandy and then set out on an evening tour of the city including a visit to the Sacred Temple of the Tooth Relic. It is located in the royal palace complex of the former Kingdom of Kandy. Since ancient times, the relic has played an important role in local politics because it is believed that whoever holds the relic holds the governance of the country.

Day
6

Cooking lesson in Digana

After an early morning breakfast, we travel to the Tamarind Gardens for a cooking session with the local staff, followed by lunch. We'll be eating what we cook, so make sure you pay attention to the instructions! We head off on a village trail in the afternoon to experience local life before returning to our hotel later in the day.





Day
7

White water rafting

Today we travel to Kitulgala to enjoy a thrilling adventure on the white water sections of the Kelani River. As the river widens, we pass the scenic location used for the film "Bridge over the river Kwai", which is also a great place for a refreshing swim. The journey ends close to Kitulgala town for a local lunch. Enjoy a nature walk in the rainforest in the afternoon. Dinner and overnight stay at Kitulgala Rest House, or a late transfer to start our Adam's peak climb.

Day
8

Climb Adams Peak

With a packed breakfast, we start early and travel to Adams Peak to begin our morning climb. It usually takes three to four hours to reach the 2,240 metre high peak, but during the pilgrim season, which begins in December and lasts till May, the throng is sometimes so great, it can take over 30 minutes to move from one step to the other. The majority of climbers begin their ascent at night in order to arrive at the top in time for a magical sunrise when the mystical shadow of the peak is perfectly cast across the clouds. This is, however, only possible from Full Moon day of December to Full Moon Day of May. After descent, we check in to a guest house in Nallathanniya, where we lunch before visiting the surrounding area.

Day
9

Nallathanniya to Udawalawa

After breakfast, we proceed to Udawalawa and check in to our camp site. Udawalawe National Park is in the southern dry-zone of Sri Lanka, and spans approximately 31,000 hectares. Famed for its numerous resident elephants, it is not unusual to see herds gather to feed and bathe at the waterholes in the Park. We enjoy an evening safari - undoubtedly a highlight of the trip - before dinner and overnight stay at the camp site.

Day
10

Udawalawa to Ahangama via Galle

On our last full day in country we travel to Galle, an ancient port (said to be the legendary Tarshish of the Bible), and the country's first international commerce and trade centre. Today, Galle is the bustling provincial capital and administrative centre of the south. We visit Galle fort and enjoy a tour of the city before transferring to Ahangama ready for our departure tomorrow. We have one final night at a beach hotel.

Day
11

Depart Sri Lanka

Transfer to Bandaranayake International airport for flight back to the UK.

Further information

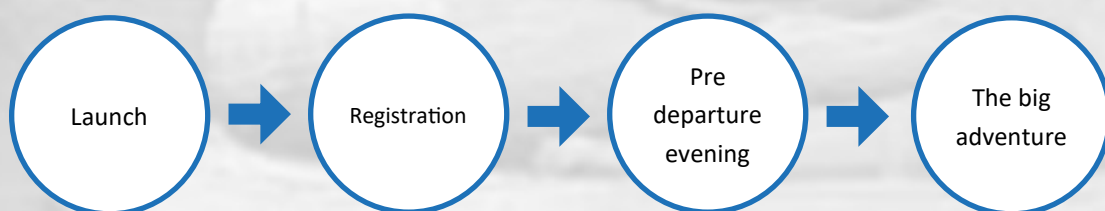
Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local tour leader
- Parent and student trip launch evening
- Pre-departure preparation evening
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

Your educational journey timeline



Physical journey rating:



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

Culture shock rating:



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



A journey of 1,000 miles...

Starts with a single step... Contact us now to start your educational journey.



1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your educational travel itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

3 Arrange a trip launch evening at your school

This is a chance for students and parents to hear more about the planned adventure with a comprehensive information evening and an opportunity for questions.



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