



100%
CARBON
NEUTRAL
TOURS

Green, peaceful and full of charm, Sri Lanka has been a destination on the rise for the past few years, and once you travel here you'll realise why. Over 12 days you'll see, taste, explore and immerse yourself into all things Sri Lanka, from the rolling green tea fields surrounding Ella, to herds of wild elephants on safari, to relaxing on the beach front in beautiful Mirissa. Oh, and did we mention you'll be doing all this with an awesome group leader and an instant crew of new mates? The trip of a lifetime just got even better...

HIGHLIGHTS

- Breathe in the scent of fresh tea leaves as you explore plantations and learn to pick tea with locals
- Scramble up little Adam's Peak and snap the Insta famous Nine Arches Bridge
- Spot water buffalo, crocodiles and herds of wild elephants on a sunrise safari
- Learn to surf or kick back and relax at Welligama Beach
- Visit a Buddhist Monastery school and learn their way of life



INCLUSIONS

- ✓ Airport Pickup To Our Accom 24/7
- ✓ 11 Nights Accommodation
- ✓ 16 Meals
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Visit Local Markets
- ✓ Ride in a Tuk Tuk
- ✓ River Boat Ride
- ✓ Local Village Experience
- ✓ Sigiriya Rock Viewpoint
- ✓ Spice Garden
- ✓ Temple of the Tooth
- ✓ Tea Plantations
- ✓ Ella Train Journey
- ✓ Little Adam's Peak
- ✓ Nine Arches Bridge
- ✓ Wildlife Safari
- ✓ Yoga
- ✓ Learn to Surf
- ✓ Buddhist Monastery Visit
- ✓ Help with Onward Travel

NOT INCLUDED:

Flights, travel insurance, visas & some meals

NEGOMBO ➔ MIRISSA

Transport:	Minibus, Train & Tuk Tuk
Meals:	11B, 3L, 2D
Group size:	4 - 16
Age Range:	18 - 40's



ITINERARY & IMPORTANT INFO

DAY 1 - ARRIVE IN NEGOMBO

• **NEGOMBO** Landing in Colombo, we'll meet you at the airport and take you to your beach front hotel in Negombo. Meet up with your travel crew and get excited for the adventures to come.

DAY 2 - TUK TUK TOUR

• **SIGIRIYA** This morning we'll jump into tuk tuks to explore the pretty seaside town of Negombo, stopping off to visit the local markets. We'll then head north to the serene and sacred town of Sigiriya, where we'll check in to our lush hotel stay, with double/twin beds, aircon, WiFi and ensuites.

DAY 3 - SIGIRIYA & LOCAL VILLAGES

• **SIGIRIYA** Today we'll take in views of the ancient Sigiriya Rock Fortress as we climb the towering rock adjacent, with 360 degrees views from the top. We'll then head to a local village to understand how small rural communities live, before hopping on some unique, local transportation to be treated to a local cooking demonstration (and eating, of course) courtesy of the local ladies.

DAY 4 - SPICE GARDEN & TEMPLE OF THE TOOTH

• **KANDY** It's goodbye Sigiriya and hello Kandy today as we head south to the cultural centre of Sri Lanka, stopping en route to visit a spice garden. Once in Kandy, we'll head out to visit the fascinating Temple of the Tooth. Dinner and drinks tonight will give us the chance to experience Kandy's nightlife offerings.

DAY 5 - TEA PICKING & A SCENIC TRAIN RIDE TO ELLA

• **ELLA** Our southern journey continues today, surrounded by lush and green tea plantations stretching in every direction. We'll be stopping to get a closer look and learn the art of tea picking (and brewing) from local pickers. We'll then hop on board a train for one of the 'world's most scenic train journeys' (no biggie) bound for beautiful and serene Ella. Later we'll go out to an incredible dinner at a very popular restaurant in Ella followed by a night out for a few cheeky drinks.

DAY 6 - LITTLE ADAM'S PEAK

• **ELLA** After a night out, we're sure you'll be grateful for a later start today. We will lace up our trainers to hike up the beautiful Little Adam's Peak and enjoy the stunning views. After that little hike, you will have plenty of time to explore the lovely town of Ella. Feel free to treat yourself to a traditional massage, do some shopping, or just curl up with a book and cuppa.

DAY 7 - NINE ARCHES BRIDGE

• **UDAWALawe** Get those cameras at the ready as this morning we'll be making a stop at Nine Arches Bridge, one of the most Insta famous places in all of Sri Lanka. We'll then continue south to Udalawale National Park, where we'll check in to our laid back and beautiful hotel perched right on the edge of the park.

DAY 8 - SUNRISE SAFARI

• **TALALLA** Travelling by jeep at sunrise we'll be keeping our eyes peeled for the free roaming wild elephants, plus other species like crocodiles, buffalo and bird life on safari. We'll then head to the beachside oasis of Hiriketiya for a chilled afternoon in paradise. Later we'll arrive at our beachfront eco retreat in gorgeous Tallala, where we'll finish the day watching the sunset.

DAY 9 - BEACHSIDE YOGA & CHILL

• **TALALLA** The aim of today is to do as little or as much as you want. Take a deep breath and feel the peace and calm wash over you at this beautiful retreat. Participate in the included yoga session, read a book on the loungers by the pool, book an ayurvedic massage, or just snooze under a palm tree whilst soaking in one of the best kept secret beaches of the south.

DAY 10 - LEARN TO SURF

• **MIRISSA** From one sun drenched beach to the next, we'll be stopping off at Welligama Beach this morning for a private surf lesson. We'll later check into our beachfront accommodation in Mirissa, before visiting the iconic Coconut Tree Hill for its beautiful views.

DAY 11 - BUDDHIST MONASTERY VISIT

• **MIRISSA** Saving one of the best experiences till last. Today we'll be heading to a Buddhist Monastery to take part in a cultural exchange with the local monk students who live there and gain a unique insight into Buddhist ways of life. Tonight and in celebration of our last evening together, we'll be treating you to a farewell dinner on the beach.

DAY 12 - DEPART SRI LANKA OR EXTEND YOUR STAY

• **MIRISSA** Your unforgettable 12 day adventure comes to an end today. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Sri Lanka with our help and the new friends you've made. For those flying out today, we'll have a bus returning to Negombo.

ARRIVAL INFORMATION

It's best to arrive on the actual start date, as that's when most people get in. While there are no activities on the first day, the group usually meets up for dinner around 7pm. If you do arrive early, we'll still pick you up from the airport if you're staying at our accommodation. You can book and pay for extra nights accommodation in the [Manage My Booking](#) area.

It's also recommended to have onward travel booked out of Sri Lanka before travelling there, as you may get asked for proof of this before boarding your flight to Sri Lanka.

AFTER SRI LANKA EXPERIENCE

Sri Lanka Experience finishes in Mirissa. You can choose to stay on longer in Mirissa, continue your travels in Sri Lanka or make your way back to the airport. The airport is an approx. 3 hour drive from your Mirissa accommodation and transfer costs start at approx. £60 / \$75 USD / \$110 AUD.

For those departing Sri Lanka on day 12, the INTRO bus will be departing Mirissa between 8-10.30am on day 12. This bus is free of charge and will take you to Hotel J in Negombo, arriving at approx. 12-2pm. You are welcome to use the hotel's facilities until you are ready to make your way to the airport.

It is then a 20-25 min taxi to Colombo airport that costs approx. £10 / \$20. Your group leader can organise this all for you and will ensure you're comfortable with all parts of your onward travel.

VISAS

Most nationalities require a visa or ETA (electronic travel authority) to enter Sri Lanka. This visa is typically for 30 days and can generally be done on arrival at the airport or online [here](#). The cost is usually approx. \$35USD. Please always check your visa requirements before travelling!

TRAVEL INSURANCE

Travel insurance for Sri Lanka is compulsory to join Sri Lanka Experience. Your group leader will ask to see proof of your cover before your trip begins. You can organise a quote and policy for yourself [here](#).



ACCOMMODATION GUIDE

NEGOMBO - HOTEL J

1 NIGHT

Funky beachfront hotel with pool and sun loungers.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

Swimming Pool



SIGIRIYA - OAK RAY ELEPHANT LAKE

2 NIGHTS

A hotel stay amidst lush tropical greenery.

Twin/Double Rooms

Ensuite

Swimming Pool

WiFi & Air Con



KANDY - RADISSON HOTEL

1 NIGHT

A nice hotel with great views of the city.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

Rooftop Pool & Balcony



ELLA - ELLA FLOWER GARDEN HOTEL

2 NIGHTS

A great place set high in the mountains.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

Sun Terrace & Balcony



UDAWALawe - ELEPHANT TRAIL HOTEL

1 NIGHT

Relaxed hotel on the border of the park.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

Poolside Restaurant & Bar



TALALLA - TALALLA RETREAT

2 NIGHTS

Beautiful beachfront eco retreat.

Twin/Double/Triple Rooms

Ensuite

WiFi & Laundry

Outdoor Pool, Yoga Classes & Restaurant



MIRISSA - PARADISE BEACH CLUB HOTEL

2 NIGHTS

Beachfront hotel with private beach area.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

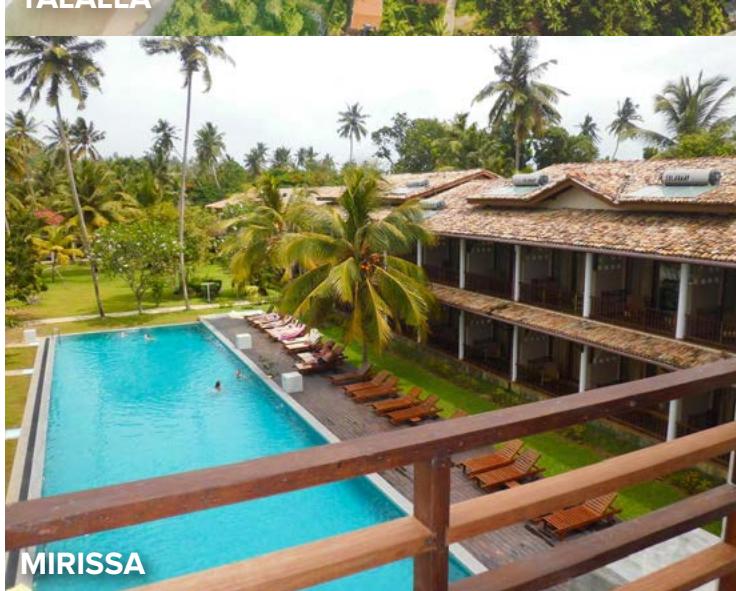
Pool, Sun Loungers, Bar & Restaurant



IMPORTANT NOTE



The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.





PROTECTING THE ENVIRONMENT



SUPPORTING LOCAL COMMUNITIES



CULTURAL EXCHANGE & EDUCATION



ANIMAL WELFARE

Making a positive difference to the amazing destinations we travel is at the core of what we do, and we are proud to say that every INTRO tour is 100% carbon neutral.

Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)

FAQS



DO MANY PEOPLE TRAVEL ALONE?

Yes. Lots of people on our trips are travelling solo. But by doing our trip you'll instantly be part of a group, so it's a great way to meet others and make friends! Most of our accommodation is twin share, so we will put you in a room with someone of the same gender.



CAN I CHAT TO MY GROUP BEFORE I LEAVE?

You can start chatting to people in your group and other travellers before you leave. Just go to our Facebook page, click on 'Groups' and choose [Sri Lanka](#).



CAN I CHANGE MY START DATE?

Enjoy ultimate peace of mind and flexibility with INTRO. Should your travel plans change or be disrupted you can change your start date or tour for free up to 30 days before your start date.

Or simply transfer your booking to 100% travel credit that will never expire and can be used on any tour with us at any time in the future.



WHEN IS THE BEST TIME TO VISIT SRI LANKA?

The great thing about Sri Lanka is it's usually quite hot all year round, so it's great to go at any time. The seasons vary quite a lot across the country with the chance of rain across certain areas at anytime of year. We cover a large part of Sri Lanka so you're sure to get beautiful sunshine with a chance of rain all year round.



HOW WILL I ACCESS MY MONEY WHILE I'M AWAY?

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's available throughout the Sri Lanka so it's easy to get access to cash.



IS THERE WI-FI THROUGHOUT THE TRIP?

All accommodations we stay at have free Wi-Fi available. Sri Lanka's network quality is often lower than you're used to but you can generally connect and do basic stuff.



TERMS & CONDITIONS

For the full set of terms & conditions for our tours including your responsibilities as a traveller with us, please see the [Terms & Conditions](#) section of our website.

That's about it for now!

Once you've booked you'll get access to Manage My Booking and the INTRO Travel App, which will give you all the information you'll need on the Sri Lanka and Sri Lanka Experience, so you can just relax and enjoy the experience.

Of course if you have any more questions just contact us. We're happy to help!