Sri Lanka Family Island Explorer

Trip Code: FSL

Version:

MULTI ACTIVITY	FAMILY	LEISURELY
MA		2



HIGHLIGHTS

- Visit orphaned baby elephants at the Elephant Transit Home at Udawalawe
- Explore the rock fortress of Sigiriya, go on safari to see leopard and elephants
- Learn to cook dhal, visit a temple and go whitewater rafting!
- Relax at the end with two days on an Indian Ocean Beach, Sri Lanka

AT A GLANCE

- 13 days multi-activity and sightseeing including short walks
- Max altitude - 2200m
- SWIMMING: Available on 9 nights at the hotel pool and in rivers
- Join at Colombo

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Setting out to explore Sri Lanka's great variety, on this family adventure holiday to Sri Lanka we see many of its most colourful attractions - towering waterfalls, spice gardens, Indian Ocean beaches, historic towns and some of the Buddhist world's most remarkable temples. After a village walk and a visit to the amazing rock fortress at Sigiriya, we travel to the 'hill-capital' of Kandy, where we have the chance to make our own souvenir batik. We then have a session of fun whitewater rafting on the Kelani River, before heading up to Newara Eliya, to visit a tea plantation and hike to the dramatic viewpoint at World's End. We also visit the orphaned baby elephants at the Elephant Transit home. Jeep safaris at Udawalawe and Yala take us close to wild elephants and maybe even an elusive leopard, before we round off this great holiday with 2 days at the coast for surf, sand and optional watersports.

Is this holiday for you?

Suitable for children of 6 years and upwards.

Designed with children in mind, this holiday includes fun activities, wildlife viewing/safari's, a couple of short walks and sightseeing visits. The holiday also includes a short whitewater rafting trip, children must be over 11yrs old to take part, and all participants must be able to swim unaided for 25 metres. All safety equipment (buoyancy aids, helmets, etc) and professional guiding is included. The rafting will depend on the river conditions but is usually grade 3-4, it will not be harder. The longest walk will take 3 hours, with lots of stops to rest and enjoy the ever-changing scenery. In order to visit as much of this fantastic country as possible in our two weeks, there is a reasonable amount of driving involved, the transfers are 3 - 5 hours. We also have jeep safari's and a visit to the elephant transit home to see baby orphans. We end with a couple of days at the beach to relax and enjoy the Indian Ocean.

Itinerary

Version:

Holiday Information

What's Included

- An experienced English-speaking local leader
- Single timed Colombo Airport transfers
- All land transport involved in the itinerary
- All meals
- Rafting excursion at Kitugala with qualified river guides and all safety equipment (over 11yrs only)
- 1 jeep safari at Udawalawe and Yala National Parks
- Batik making at Kandy

What's not Included

- Travel insurance
- Visa fees (if applicable)
- Departure tax on leaving Colombo (if applicable)
- Tips for trek staff and hotel staff
- Optional excursions as in the itinerary
- Miscellaneous expenses - soft drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the group hotel in Sigirya.

A single timed transfer from Colombo Airport to the group hotel in Sigirya (3hrs) is provided in the morning on Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single timed transfer to Colombo Airport for flights departing at lunchtime.

Anyone may join the group transfers by prior arrangement. Travelling as a group saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals included from lunch on day 1 to breakfast on day 14.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Sri Lanka's rich history includes several periods of colonisation which have influenced the country's cuisine. The staple food of Sri Lanka is rice, which is boiled or steamed and served with a variety of curries ranging from very mild to very fiery. A typical Sri Lankan meal would consist of a main curry of fish, beef, chicken or mutton, accompanied by several other side dishes made with vegetables or lentils, pickles, chutneys and 'sambols' - a spicy condiment made of ground coconut or onions mixed with chilli, dried fish and lime juice. Other Sri Lankan foods include Hoppers - rice pancakes commonly eaten for breakfast and lunch, and lamprais - a dish of Indonesian / Dutch origin comprising of rice cooked in a meat stock and slowly baked in a banana leaf with a variety of meat and vegetable sides. In the majority of tourist hotels including the ones we shall be using for this trip it is also usual to find several Western dishes offered on the menu.

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water. We do not encourage the purchasing of single use plastic bottles.

Accommodation

During the holiday we will use comfortable hotels and guesthouse accommodation chosen for its suitability for family groups. On 9 nights our hotels have swimming pools.

Children under the age of 12yrs will usually share rooms with their grownups. This might be a twin, triple or quad room, a double with an extra bed, or multiple rooms depending on the number of family members.

If you are travelling with children over the age of 12yrs, you will be in separate rooms or sharing twin/ multi-bed rooms.

Please talk to us about your requirements and we will do everything to ensure that you are happy with your rooming allocation.

Additional hotel nights are available pre and post the holiday. Hotels are subject to availability and prices may vary. Please contact the office for further details.

Group Leader & Support Staff

There will be an English-speaking Sri Lankan tour guide, together with one or more support vehicles and drivers. Or a guide/driver for smaller groups. Qualified whitewater rafting guides will look after the group during the trip on the Kelani River.

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

Spending Money

Approximately £600 per family (2 adults and 2 children) should easily cover all personal spending including tips for local staff, optional activities, refreshments, hotel bar bills etc. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Also, if you expect to buy considerable quantities of soft drinks or beer, you should make an allowance for this. It is not necessary to purchase local currency (Sri Lankan rupees) prior to travelling. You can bring at least some of travel money in the form of cash and exchange it into local currency on the day of your arrival in Sri Lanka. You can take money directly out of the ATM's in the larger towns that we travel through. Sterling, US Dollars and Euros are equally easy to exchange in Sri Lanka.

Optional extras:

All prices are subject to change.

- Cultural Dance in Kandy $5 per person
- Jeep safari in Minneriya National Park $45 per person
- Extra jeep safari in Yala National Park $45 per person

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and crew. They do not form part of their wages. KE always pays local staff the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. For your local staff we recommend that you give a tip if you feel that their services have met your satisfaction. We suggest a tip to your leader the equivalent of US$20-25 per family member (with perhaps a little more for small groups of five or less).

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

All visitors to Sri Lanka must obtain an Electronic Travel Authorisation (ETA) before travelling. You can apply online at the official government website www.eta.gov.lk

The ETA is now free as of 25th May 2026. This should be completed a few days before departure to allow time for processing. Once approved, you will receive a confirmation email which must be shown on arrival. Immigration will then stamp your passport with a 30-day tourist visa.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Sri Lanka is the Sri Lankan Rupee.

Climate

Sri Lanka has a typically tropical climate with an average annual temperature of 27°C at sea-level. It is, of course, cooler at higher elevations, with annual average temperatures of 20°C in Kandy, dropping to 16°C at Newara Eliya. Year round, the conditions in the hill country are pleasant for hiking, with cool evenings. Bright, sunny, warm days are the rule and are common even during the height of the monsoon - climatically Sri Lanka has no off season. The south-west monsoon brings rain from May to July to the western, southern and central regions, while the north-east monsoon brings rain to the northern and eastern regions in December and January.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: KE Family Adventure Holidays general information.

Private Groups Information

Make this KE family holiday your own!

- Choose your own departure date
- Travel on this holiday with just your family and friends
- Tailor your holiday by adding extra days for relaxation or upgrade your hotels

If our standard dates do not fit with your school holidays or you wish to travel with just your family or with your family and friends, we will be pleased to set up a private departure for any of our family holidays.

Depending on what you are looking for we can look at tweaking the itinerary to allow you some extra relaxation time or upgrading the hotels. Our personal service means you'll be fully involved as we make the arrangements for your perfect family adventure holiday.

Independence with Security

Travelling as a KE private family group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for you and your family and friends by a reputable adventure travel company.

To take your first step to an amazing adventure with your family and friends complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the ‘baggage allowance’ section for further details.

You should bring the following items:

- Comfortable walking shoes / Trainers
- Teva style sandals or old trainers (for the rafting)
- Socks & underwear
- Quick drying trousers / Trousers / Shorts / Skirts
- T-shirts / shirts (long sleeved loose-fitting are good for sun protection)
- Light fleece jacket or warm jumper
- Waterproof jacket
- Waterproof overtrousers
- Sunhat with wide brim
- Sunglasses
- Swimwear
- Small towel
- Headtorch & spare batteries
- Water bottles 2 x 1 Litre (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Daypack 20 to 30 litres (depending on how much of the kids' stuff you need to carry)
- Selection of dry bags (to keep rucksack contents dry)
- Washbag and toiletries
- Sun cream
- Antibacterial handwash
- Basic First Aid Kit - Antiseptic cream, throat lozenges, diarrhoea treatment (Immodium), painkillers, plasters, blister treatment, Insect repellent (DEET), antihistamine cream and tablets, and re-hydration salts (Dioralite).

The following items are optional:

- Buff or scarf (for dusty jeep roads in the National Park)
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Snorkel & mask
- Flipflops
- Rash vest
- Reusable cloth bag for shopping (to avoid plastic bags)

Note:

At religious sites it is necessary to cover shoulders and wear long trousers or a skirt that extends below the knees. You also have to remove hats and shoes. The stone floors can be very hot so it is a good idea to take a pair of socks that you can put on when visiting temples.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining Colombo. A single timed transfers are included.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Colombo.

Outbound flights will depart from the UK at lunchtime, arriving in the early hours of the following day (day 1 of the itinerary). Return flights will depart Colombo at lunchtime of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

Compared to similar holidays our Family Sri Lanka Adventure includes more fun elements to keep you and the kids entertained in this fascinating country, as well as a real cultural insight. We offer a GREAT child price plus all meals are included too!

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change