Temples and Tea Trails of Sri Lanka

Trip Code: SLT

Version:

WALK & TREK	GUIDED GROUP	MODERATE
		4



HIGHLIGHTS

- Watch the sunrise from the summit of Adam's Peak and climb Lion's Rock
- Trek to World's End and in the pristine Kandyan jungle
- Game drives and Wildlife viewing in Udawalawe and Wilpattu National Parks
- Walk through tea plantations, ride the train to Bandarawela and take 'high tea' at The Grand
- Relax on a stunning south coast beach and visit the walled city of Galle

AT A GLANCE

- 6 days walking
- 6 days touring and sightseeing
- Max altitude - 2243 metres
- Join at Colombo

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

With its emerald-green tea plantations, high mountain ranges, vast forest reserves, tropical coastline, and colourful hindu and buddhist temples, few places can rival the geographical and cultural variety of Sri Lanka. This two week walking and cultural discovery holiday in Sri Lanka takes in all the most famous sites and also takes us 'off the beaten track' to discover wild and secluded parts of this tiny paradise island. We've included walks in the Kandyan Jungle and time trekking through tea-country in the Namunukula range, across the famous Horton Plains to ‘World’s End, and a climb to the summit of the sacred Adam's Peak (2243m) to catch the sunrise. Sri Lanka is bursting with historical and archaeological highlights, so visits to the ancient cities of Anuradhapura and Polonnaruwa, the natural rock fortress of Sigiriya, the cave temples of Dambulla, the dutch fortress of Galle and the former capital of Kandy, home to the 'Temple of the Sacred Tooth Relic', are also a shoo-in! Also included is some well-earned R&R time on the beautiful south coast beaches of Mirissa and wildlife safaris in two of Sri Lanka’s quieter National Parks, Udawalawe and Wilpattu. Much more than a walking tour, this holiday offers a real insight into Sri Lankan culture, both historic and modern, and takes you to the heart of this spectacular island nation.

Is this holiday for you?

The aim of this holiday is to get out on foot and see the 'real' Sri Lanka and also to enjoy the best of the varied hiking the island has to offer. We will be walking on good jungle tracks and trails through tea plantations, forests and between villages. We may encounter some slippery conditions, and some tree roots, on the forest trails! There are 5 days when we do a reasonable amount of walking, averaging about 5 hours on each of these days. The ascent of Adam's Peak involves 4 hours up and 2 hours down on a challenging series of more than 5500 steps! In order to catch the sunrise most of this ascent is made at night. During the Pilgrim season (December to May) the entire trail is lit with electric lights. Outside of this season we will make the ascent by the light of our head-torches. In order to see as much of Sri Lanka as possible a reasonable amount of driving is unavoidable; the transfers are however generally short (2-3hrs) and scenic.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single-timed Colombo Airport group transfer at the beginning and end of the trip
- All land transport involved in the itinerary
- All accommodation as described
- Meals as detailed in the Meal Plan
- Guided sightseeing and entrance fees as indicated in the itinerary
- A full service when trekking including food and all equipment (not personal equipment)

What's not Included

- Travel insurance
- Colombo Airport transfers (other than group transfers)
- Tips for local staff
- Some meals as detailed in the Meal Plan
- Miscellaneous expenses - soft drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the group hotel in Anuradhapura. A single timed transfer from Colombo airport will be provided on Day 1.

On the last day of the holiday there will be a single timed transfer back to Colombo Airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport 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 breakfasts, 4 lunches (3 packed lunches and one 'late lunch' of high tea at the Grand Hotel on Day 8) and 12 dinners are included in the holiday price. You will need ot pay directly for 2 dinners and 8 lunches. Dining out is not expensive in Sri Lanka and we suggest a budget of £50 - £75 should adequately cover none included meals.

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

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.

Sri Lanka's rich history includes several periods of colonisation and this has helped create an exotic cuisine, which includes influences from India, Portugal, The Netherlands, Malaysia and a host of other world flavours! 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 extremely 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 hotels and restaurants it is also usual to find several international dishes offered on the menu, so there will be something here for everyone.

Accommodation

We will spend 2 nights near Anuradhapura and 1 night near Sigiriya, in comfortable hotels with swimming pools.

In Kandy we will have 1 night a well located hotel, close to the Temple of the Tooth.

We will spend 2 nights at the comfortable Polwatha eco-lodge, set in the heart of the Kandyan Jungle, surrounded by nature.

The night before our early hours approach to Adam's Peak will be spent at a simple guest house close to the start of our walk, where we can take a few hours rest ahead of our early morning climb.

For our nights in Nuwara Eliya and Bandarawela we stay in a well located and comfortable hotels.

In Udawalawe we spend 1 night in a comfortable hotel, in picturesque surroundings, just 10mins from the park gates.

Our base for our 2 nights on the coast will be a stunningly located hotel right on the sea front.

Our final night will be spent in a comfortable hotel in Katunayake, near to Negombo Lagoon, and Colombo (Bandaranaike) International Airport.

Rooms are en suite throughout. All accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

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 £200 (or equivalent in US dollars, Euros etc) changed into local currency (rupees), should be allowed for tips, soft drinks, snacks, non-included meals and miscellaneous expenses. Alcoholic drinks and souvenirs are additional so you may wish to budget for these. It is not necessary to obtain local currency (the Sri Lankan Rupee) prior to departure. You can choose to take your money in pounds sterling, dollars or euros. There will be the opportunity to change money into local currency on arrival at the airport and your local leader can advise the best places to change money en-route. Additionally, you will be able to get currency from ATMs at the airport and in many of the towns that we will visit. Credit cards are useful and it is a good idea to carry one in case of emergency. When changing your travel money you should obtain a quantity of small bills for tips to hotel staff.

Guidance on Tipping

Tips are the accepted way of saying ‘thank you’ to your local support staff. Tips do not form part of their wages. KE always pays local crews 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 recommend that tips to local staff are presented from the group as a whole and suggest a contribution of approximately £50 changed into local currency will provide a sufficient pool to provide good tips to all your local staff. If you are part of a small group you may wish to contribute more to the general pool.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffle bag, and one 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.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 3 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

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 perfect for trekking with pleasantly warm days. At lower elevations and at the coast it can get quite hot around the middle of the day and evenings are generally pleasantly warm. Sri Lanka is subject to two monsoonal influences. 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. However these monsoons are not as pronounced as the Indian Monsoon and bright, sunny, warm days are common even during the height of a 'monsoon' season. From the point of view of the visitor, Sri Lanka has no 'off season'.

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.

Books

- Sri Lanka. Lonely Planet Guide.
- Footprint Sri Lanka.Footprint Guides.
- Sri Lanka: The Bradt Travel Guide.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

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

To take your first step to an amazing adventure with your friends and family 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.

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:

- Hiking boots
- Trainers or similar for travelling, sightseeing etc.
- Sandals for the beach
- Socks
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers pants
- Lightweight waterproof overtrousers
- Underwear
- Shorts
- Thermal base-layer shirts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Sunhat

- Warm hat
- Sunglasses
- Warm fleece gloves
- Daypack: c. 30 litres
- Torch or headtorch
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Insect repellant - (DEET)
- Personal first aid kit, including: Antiseptic cream, throat lozenges, diarrhoea treatment (Immodium), painkillers, plasters and blister treatment and re-hydration salts (Dioralite)

The following items are optional:

- Trekking poles
- Antibacterial handwash
- Small towel
- A smarter top (not complusary, just for those wanting to dress up a little for high tea at the Grand Hotel!)
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)

- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

NOTES

When visiting temples/sacred sites it is respectful to have your shoulders and knees covered. Please consider this when packing.

During sightseeing tours you will also be required to to go barefoot at many sites, so it is wise to pack some footwear that can remove easily.

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.

Why Choose KE

Why KE

Small groups, expert guides, characterful accommodation and a newly improved itinerary with less driving and more time to explore – it's the most rewarding way to discover Sri Lanka's landscapes, wildlife and living culture.

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