

Sri Lanka Uncovered

Country(ies): Sri Lanka

Tour type: Private

Transport: A/C minibus/car

Group size: Min: 2 | Max: Any

Days: 15 days

Start Location: Colombo, Sri Lanka

End Location: Colombo, Sri Lanka

Meals: Breakfasts - 14, Lunches - 0, Dinners - 2

Highlights:

Cultural triangle of Anuradhapura, Polonnaruwa and Kandy, Sigiriya Rock Fortress, Tea Plantation visit, Hill Country, Yala National Park, Unawatuna, Galle



Itinerary

Day 1: Arrive in Colombo and transfer to hotel

You are met on arrival at the airport and transferred to your hotel in Colombo.

OVERNIGHT: Colombo hotel

MEALS: None

EXTRAS: Single room supplement (NPTMNB) Single room supplement (EGTMPB)

Day 2: Colombo, full day city tour

After breakfast we head out into Colombo for a full-day tour of this colourful, vibrant city. We soak up the time-warped British character in Fort and admire the huge old colonial buildings lining the grid of streets before moving onto Pettah, a bustling bazaar district of mosques, temples, humanity and stalls where vendors hawk everything from electrical goods to rare spices. We visit the decorative Jumi Ul Alfar Jumma Mosque with its candy-striped red and white brickwork, the remnants of Dutch heritage at the atmospheric Wolfendaal Kerk, and the New and Old Kathiresan Kovils which are the most important of the many small Hindu temples in the area. We then visit the magnificent St Lucia Cathedral and the Buddhist Kelaniya Raja Maha Vihara temple before heading to Cinnamon Gardens where its boulevards lined with jacaranda and frangipani trees offer a sharp contrast to the Pettah area. (Please note that lunch is not included).

OVERNIGHT: Colombo hotel

MEALS: Breakfast

EXTRAS:

Day 3: Drive to Anuradhapura

After breakfast, depart Colombo for the sacred city of Anuradhapura which was founded in the 5th century BC around a cutting from the 'tree of enlightenment, the Buddha' fig tree. Anuradhapura became the island's political and religious capital and flourished for 1300 years before being abandoned after an invasion in 993 AD. Hidden in dense jungle for many years the site is now accessible again allowing you to explore the ruins of palaces, temples, dagobas, shrines and the huge Sacred Bo Tree in the heart of Sri Lanka's most extensive and important ancient city.

OVERNIGHT: Anuradhapura hotel

MEALS: Breakfast

EXTRAS:

Day 4: Drive to Polonnaruwa

Depart for Polonnaruwa, the 11th century medieval capital situated on the shores of a large lake and site of several magnificent Buddhist relics, palaces, temples and parks. Founded after the Sinhalese kings abandoned

Anuradhapura following invasions from South India, its ruins are some of the best preserved in Sri Lanka and the compact size of the site makes it easy to explore. Here you will see the famous Gal Vihare rock carvings which are four separate Buddha figures carved from a single piece of granite including one which is nearly 50 feet long! Upon returning to your vehicle the tour departs for the rock fortress town of Sigiriya.

OVERNIGHT: Sigiriya hotel

MEALS: Breakfast

EXTRAS:

Day 5: Full day tour of Sigiriya

Also known as 'Lion Rock', the imposing rock fortress of Sigiriya is one of Sri Lanka's major attractions and it towers 200 metres over the surrounding plains. Originally established as a fortress against an impending invasion from India, it later became a monastic refuge before falling into disrepair and it was only rediscovered by British archaeologists in the 19th century. There are many points of interest on the climb to the top including the beautiful Kasyapa water gardens at the base, the famous 5th century 'Sigiriya Damsels' frescoes and 'Lion Platform' before you finally reach the summit where stunning panoramic views over the surrounding countryside await.

OVERNIGHT: Sigiriya hotel

MEALS: Breakfast

EXTRAS:

Day 6: Drive to Kandy via Dambulla Cave Temples

Visit the Dambulla Cave Temples with their exquisite murals, Buddhist shrines and statues. The caves are thought to have originated from the 1st century BC when the deposed king of Anuradhapura took refuge here before he converted them into temples. There are five separate caves containing 150 Buddha images, Hindu gods and frescoes depicting scenes from the Buddha's life and the views over the surrounding countryside are superb. Return to your vehicle where the tour continues through lush verdant hill country carpeted with tea plantations before arriving in Kandy, the spiritual and cultural centre of Sri Lanka. Kandy is the 'capital' of the hill country and is a delightful collection of old shops, marketplaces and restaurants with a lake forming a centrepiece to the town. The rest of the day is free for you relax or explore.

OVERNIGHT: Kandy hotel

MEALS: Breakfast

EXTRAS:

Day 7: Full day tour of Kandy

After breakfast, enjoy a tour of Kandy visiting the 'Temple of the Tooth' which houses Sri Lanka's most important Buddhist relic - the sacred tooth of the Buddha. The tooth was thought to have been taken from the Buddha's funeral pyre in 543 BC and is said to have been smuggled into Sri Lanka hidden in the hair of a princess before being brought to Kandy. From here move on to the stunning Peradeniya Botanical Gardens and Kandy Market Square where you will have the opportunity to visit craft shops and purchase laquerwork, brassware or batik souvenirs. The rest of the day is free for you to relax or explore.

OVERNIGHT: Kandy hotel

MEALS: Breakfast

EXTRAS:

Day 8: Drive to Nuwara Eliya

Drive further into the high hills through prime tea growing country passing some stunning scenery and along the way break your journey to visit a working tea factory. Arrive at the scenic 'hill station' of Nuwara Eliya which was the favourite hill station of the British and the faded charm of the colonial period still hangs in the air with country-style houses, an old pink brick post office and a golf course reputed to be the finest in Asia giving a feel of an English village. The rest of the day is free for to relax and explore the town.

OVERNIGHT: Nuwara Eliya hotel

MEALS: Breakfast

EXTRAS:

Day 9: Drive to Ella

After breakfast, we leave Nuwara Eliya and catch the train to the beautiful hill country village of Ella which is blessed with some of the most stunning scenery you could find in Sri Lanka. The journey offers fantastic views as the train crosses lush verdant hillsides carpeted with tea plantations, forests, waterfalls and villages. Ella is nestled in a valley which leads through Ella Gap to the plains nearly 1000 metres below and from where, on a fine day, you can see right across the south coast of Sri Lanka. In addition to the views, Ella is also surrounded by countryside that is perfect for walks.

OVERNIGHT: Ella hotel

MEALS: Breakfast

EXTRAS:

Day 10: Drive to Yala National Park

After breakfast, depart for Yala National Park located in the south east of the country and one of the best known and largest wildlife reserves in Sri Lanka. Due to an abundance of water in the area, animals are able to stay in the park and not have to migrate. Yala is home to elephants, sloth bears, the rare pangolin, deer, crocodiles, wild boars, monkeys, buffalo and a large number of bird species including wild peacocks and jungle fowl. It is also where you will find one of the world's highest densities of leopards although your guides' experience will still be invaluable in being able to spot this elusive cat.

OVERNIGHT: Yala hotel

MEALS: Breakfast

EXTRAS:

Day 11: Full day safari in Yala National Park

Full day safari in Yala National Park and an opportunity to learn more about this region's flora and fauna. Keen bird watchers may prefer to visit Wirawila-Tissa Bird Sanctuary or Bundala National Park which are important

wintering grounds for migratory water birds including the Greater Flamingo, the rare black necked stork, Blue-tailed Bee-eater, Spoonbill, Red Shank, Green Shank, Spot-billed Pelican, Blue-faced Malkoha, Brahminy Kite, Crested Hawk Eagle and Brown Shrik to name but a few.

OVERNIGHT: Yala hotel

MEALS: Breakfast

EXTRAS:

Day 12: Yala National Park to Unawatuna

After breakfast at the hotel, depart for your south coast beach hotel at Unawatuna near Galle. En-route, stop to visit the famous 50 metre high Wewurukannala Buddha near the town of Dikiwella, a charming little village on Sri Lanka's scenic south coast. You can climb up inside the figure to look over his shoulder at the surrounding rice plantations and there is also a temple full of statues and paintings depicting Buddhist mythology and belief. You may also detour slightly if you wish to visit the cave temples at Mulgirigala. En-route to Unawatuna you'll make a final short stop on the coast near Ahangama for a chance to see one of Sri Lanka's most iconic scenes - the famous stilt fishermen.

With a crescent of white sand beach and fringed with languid palms, Unawatuna is the most popular beach town in the south and the perfect place to unwind after touring the country. The rest of the day is free for you to relax.

OVERNIGHT: Unawatuna hotel

MEALS: Breakfast, Dinner

EXTRAS:

Day 13: Free day in Unawatuna

Today is completely free for you to relax on the beach and enjoy the idyllic surroundings. Alternatively, you may wish to tour the nearby historic port of Galle which was Sri Lanka's first international trading hub and the most perfectly preserved colonial town in the country. The town's greatest attraction is the 17th century Dutch Fort which was declared a UNESCO World Heritage site in 1988 and is the largest intact fortress in the whole of Asia. The fort also contains a lighthouse, museums, a church, mosques and handicraft shops.

OVERNIGHT: Unawatuna hotel

MEALS: Breakfast, Dinner

EXTRAS:

Day 14: Unawatuna to Colombo

After breakfast, depart for Colombo stopping en-route at Ambalangoda which has established a reputation as the centre for Sri Lanka's mask carvers. Here, the brightly coloured wooden masks depicting demons and other figures used in traditional dances across the country are made, and we visit a museum to understand their meanings and traditions. You will also have the opportunity to watch the mask carvers at work. Also in Ambalangoda is a locally famous batik painter, Dudley Silva, whose shop and displays are well worth a visit.

We then continue onto to Kosgodia where we visit the Turtle Conservation Project Centre. The centre was established in 1981 to protect Sri Lanka's turtle population and here you will have the opportunity to learn about work done to ensure the preservation of the turtles. Visitors will also be able to see baby hatchlings which are

released into the sea when they are a few days old. The types of turtles that may be seen here are Green Turtle, Olive Ridley Turtle, Leatherback Turtle, Loggerhead Turtle and Hawksbill Turtle.

OVERNIGHT: Colombo hotel

MEALS: Breakfast

EXTRAS:

Day 15: Transfer to the airport for departure

Your time is free today until we transfer you to the airport for departure.

OVERNIGHT: N/A

MEALS: Breakfast

EXTRAS: Wadi Rum camp & Aqaba extension

Included:

- All Accommodation
- All meals indicated in your itinerary
- Airport transfers at the start and end of your trip
- Entrance fees for all tours detailed in your itinerary
- Qualified tour guide to accompany you on all sightseeing
- Private vehicles for all road journeys indicated
- Comprehensive pre-departure material

Excluded:

- International flights (can be arranged on request)
- Sri Lankan Tourist Visa
- Tips
- Meals, drinks & snacks not mentioned in the itinerary
- Any other items not mentioned in the itinerary

Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements - full details are given on the tour reservation form or on request.

No Options

1. Accommodation

We use a mix of good quality hotels, guest houses on this tour rated at the Sri Lankan 2-star and 3-star level on this tour and try to include some heritage properties where possible. These heritage hotels are often converted from former palaces or merchant houses and are full of historical character, though they may feel a little dated. They are often a highlight of your stay.

Accommodation is based on twin, triple or double en-suite rooms with air conditioning. Please visit the accommodation tab of this tour for examples of the hotels normally used on this tour. If you have any specific accommodation requests please let us know and we'll be happy to provide you with a customised quotation.

2. Transport

Our trips feature a mix of different transport options. We want you to feel like you're really experiencing the country you're travelling through, but at the same time finish journeys refreshed enough to enjoy the next stage of the tour. Due to the somewhat chaotic nature of some Sri Lankan roads, we only use private vehicles for all road journeys. Some fun train journeys may also be included.

3. Transfers

The tour price includes a 24-hour airport meet & assist service in Colombo airport, your arrival and departure airport-hotel transfers and all other transfers.

4. Group Size/Tour Leaders/Guides

As we don't offer guaranteed group departures on this tour we can run the itinerary for however many people you happen to be travelling with, starting from 1 upwards. The prices given for this tour are based on a minimum of 2 passengers travelling, so if you have a different number of passengers in your group please contact us for a customised quotation.

In Sri Lanka we provide a fully trained, local English-speaking tour leader/driver to accompany you through the tour. Specialist local guides are used for all of the sightseeing tours and national park activities.

At Encounters Travel we have a policy of only using local Sri Lankan guides and reps. We feel this gives you the best experience of the country and the sites you are seeing. Please check our website for more details and profiles of some of our most famous local guides.

5. Entrance Fees

The tour price includes entrance fees to all the tourist sites mentioned in the itinerary. If you visit any sites not mentioned in the itinerary then you will need to cover the entrance fee costs.

6. What to take

Luggage: Suitcases are fine, though you may find rucksacks or large bags are more practical. You should also bring a small daypack/bag to take out during the day. Your main luggage will be left in the hotel during your sightseeing trips – you will not need to carry it far, and there are nearly always porters to assist.

Luggage allowances: Most international airlines restrict you to between 20kg and 23kg per person of luggage to go in the hold of the plane. Domestic flights often have smaller allowances around 15kg. As airline rules vary we

recommend that you take no more than 20kg of luggage if your tour just includes international flights, and no more than 15kg if there are any domestic flights included in your itinerary. Please ask us for details if you are unsure about luggage allowances on your tour. Any excess baggage fees will be your responsibility to cover. Most airlines allow between 5kg and 10kg for hand luggage so we suggest that you take no more than 5kg unless you have confirmed that your airline(s) will allow more than this.

Clothing: The weather is mainly hot most of the year with significant variations from region to region. The coolest weather lasts from around the end of November to the beginning of March, with fresh mornings and evenings, and mostly sunny days. The really hot weather, when it is dry, dusty and unpleasant, is between March and June. Monsoon rains occur in most regions in summer anywhere between June and early October.

NOTE: Sri Lanka is traditional and some heads will turn if you dress provocatively in public. Short tops, short skirts / shorts, tight or body revealing clothes etc should be avoided. You might invite unwanted attention from certain men who stare and pass comments at women to amuse themselves. More detailed climate information is available on the Sri Lanka Country Guide page on our website.

Suggested List: This is a guide only – there's no problem if you bring more or less with you. Cheap comfortable clothing is also readily available in Sri Lanka and laundry is inexpensive. It is also worth having some smarter clothes for going out. Towels are provided and laundry services are available in all the hotels we use.

Men: • Lightweight trousers, shorts, light shirts & t-shirts • Swimwear

Women: • Light cotton skirts/dressers, loose-fitting trousers, light shirts or t-shirts, loose shorts • Swimwear

Men & Women: • Jumper/sweatshirt/fleece • Long sleeved shirt(s) (for cool nights, protection from the sun & mosquitoes, and visits to religious sites etc) • Handkerchiefs, socks & underwear • Comfortable trainers/sandals for daily wear • Other shoes/sandals for evening wear • Sunhat or headscarf (headscarfs come in handy for some sights which require women to cover their heard) First Aid: Although First Aid and medication is readily available in Sri Lanka, it may be very different to what you are used to so individuals should consider bringing along their own personal kit. Your personal kit might include: • Sunscreen, sunblock & aftersun • Insect repellent/relief • Antiseptic cream/spray • Plasters and a bandage • Lomotil or Imodium against diarrhea • Pills against nausea • Aspirin for heat-stroke (or hangovers) Your kit should also include your brief medical history, including allergies, blood group, drug vaccinations etc. We suggest bringing copies of prescriptions if you will be carrying medicines on board your flight.

Toiletries: • Razor, soap & box, shampoo • Toothpaste, toothbrush & container • Sanitary items

Note: If you wear contact lenses, you should consider taking or wearing glasses instead, as lenses can be uncomfortable and/or cause infections in hot and humid climates.

Other useful items: • Sunglasses • Small Torch • Money belt • Camera and equipment • Toilet paper (this is not always provided in public toilets so it is a good idea to carry some spare tissues in your bag. It should be placed in the basket beside the toilet, not flushed away, for you might block the pipes).

IMPORTANT: As it can get extremely hot in Sri Lanka, and the sun can burn very quickly, it is very important to ensure you are protected from the sun with sun-cream & sun-hats, and do not get dehydrated.

7. Dates & Prices

This tour is designed as a sample tailor-made tour itinerary. As such we do not offer set group departure dates that you can join. Rather, the tour is available for you to do privately starting on any date of the year. Guideline seasonal prices are given below, based on 2 people travelling. If you would like to adjust the tour itinerary, or there will be more or less people travelling, please contact us and we will customise a price for you. We can operate most of our Sri Lanka tours throughout the year, however you should take the hot monsoon months through the summer into consideration when choosing your travel date.

8. Tipping and Haggling

Haggling is a traditional necessity, so it's wise not to pay too much regard to initial prices. Instead fix an item's value in your mind then negotiate towards it unhurriedly and don't be afraid to simply walk away if the price isn't right. Once you have offered a price though, you should be prepared to pay it as you may cause offence if you then back out.

While an accepted part of the culture and customs in Sri Lanka, tipping is always optional, and the amounts paid should reflect excellent service. We are often asked for advice on common amounts, and for assistance with tipping. Some suggested guidelines are given below.

Restaurants and taxis: Local markets and basic restaurants - leave the loose change. More up-market restaurants we suggest 5% to 10% of your bill.

Local guides: Throughout your trip you may at times have a local guide in addition to your tour guide. We suggest USD 3-5 per person per day for local guides.

Drivers: You may have a range of private drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group, for example if you don't have an extra accompanying guide. However USD 2-3 per person per day is generally appropriate if you have a guide and a driver. If they are a driver/guide, performing both functions, then USD 5-10 per person per day is appropriate.

9. Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please [contact us](#) if you would like any more information or have any questions before making a booking.

10. Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.

We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see [our website](#) or [booking conditions](#) for more information.

11. Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.

The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.

- **Communicate:** Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- **Conserve energy:** Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- **Don't litter:** No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- **Choose environmentally friendly products:** By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- **Respect local customs and traditions:** As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- **If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.**

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

12. Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

www.facebook.com/encounterstravel

<https://x.com/encounterstravel> (yes, without the 'e')

13. Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? [World Nomads Travel Insurance](#) offers coverage for more than 150 adventure activities as well as emergency [medical](#), [lost luggage](#), [trip cancellation](#) and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

IMPORTANT: *We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this at the start of the tour.*

Covid-19

Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.

14. Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current [official government travel advice](#) for your destination. We are registered partners with the UK Foreign Office's '[Travel Aware](#)' campaign which provides further useful and invaluable information.



15. Reduce Plastic Waste with Water-to-Go Filter bottles

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

How Water-to-Go Technology works:

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

The three technologies used in a Water-to-Go filter are:

- Mechanical filtration – A tiny pore size, so small contaminants can't fit through.
- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.

- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon's efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

Water-to-Go filter bottles deliver safe, healthy water worldwide

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

16. Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please [contact us](#).

17. Voltage

In Nepal, India and Sri Lanka, sockets are mainly two round pronged and 230 volts (Type C,D,M). In Bhutan a range of different sockets can be found, including two and three round pronged and three flat pronged (Type D,F,G).

Universal adaptors are available in most airport shops if you don't have one already. Standard UK-European adaptors will work fine, though sometimes they may feel a little loose in the sockets. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are sometimes available on request from the hotel reception if not in your room already but cannot be guaranteed.

If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

18. Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. In addition, additional courses or boosters normally recommended for the countries in this region are:

Sri Lanka: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from an endemic country.

Malaria: Vaccinations are not available against Malaria, which is a disease transmitted by mosquitoes that can be very serious and sometimes fatal. You should avoid mosquito bites by covering up bare skin with clothing such as long sleeves and long trousers and applying insect repellents to exposed skin. When necessary, sleep under a mosquito net. Mosquitoes are most active during and after sunset. You should consult with your GP/medical practitioner/travel clinic about the most appropriate malaria prophylactic medication to take for the regions you are visiting. In general though is generally considered low enough risk that anti-malarial tablets are not necessary for most travellers doing relatively short tours of Sri Lanka.

Yellow Fever: This disease is spread by infected mosquitoes that bite during the day. A Yellow Fever Certificate of vaccination may be required as a condition of entry depending on which country you are arriving from, or that you have travelled or transited through recently (including connecting flights with stopovers of over 12 hours). You can view this US CDC information about where the virus is present and follow the links to further information detailing which countries need you to have a Yellow Fever vaccination as part of their entry requirements. Please ensure you have this certificate with you and to hand if necessary.

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disabilities that you may have.

19. Passports and Visas - Sri Lanka

Your passport expiry date must be at least 6 months after your time in Sri Lanka finishes. Do not bring a full or almost expired passport. You must also have a machine-readable passport or you may be denied entry. If you have an old-style manually issued passport you will need to replace this with a new machine-readable passport before you travel.

Most nationalities (including UK, USA, European, Australian, Canadian) will need to arrange their Sri Lankan tourist visa in advance. A new online e-visa system is available which makes the process more straightforward than before. You can make your application online here... [Electronic Travel Authorization](#)

Visa requirements for Sri Lanka can and do change regularly and we suggest that you arrange your Indian visa early and re-check your specific visa requirements prior to travel for any changes.

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Note: Please [download an up-to-date copy](#) of these tour notes shortly before you travel as itineraries and information does change from time to time.
