

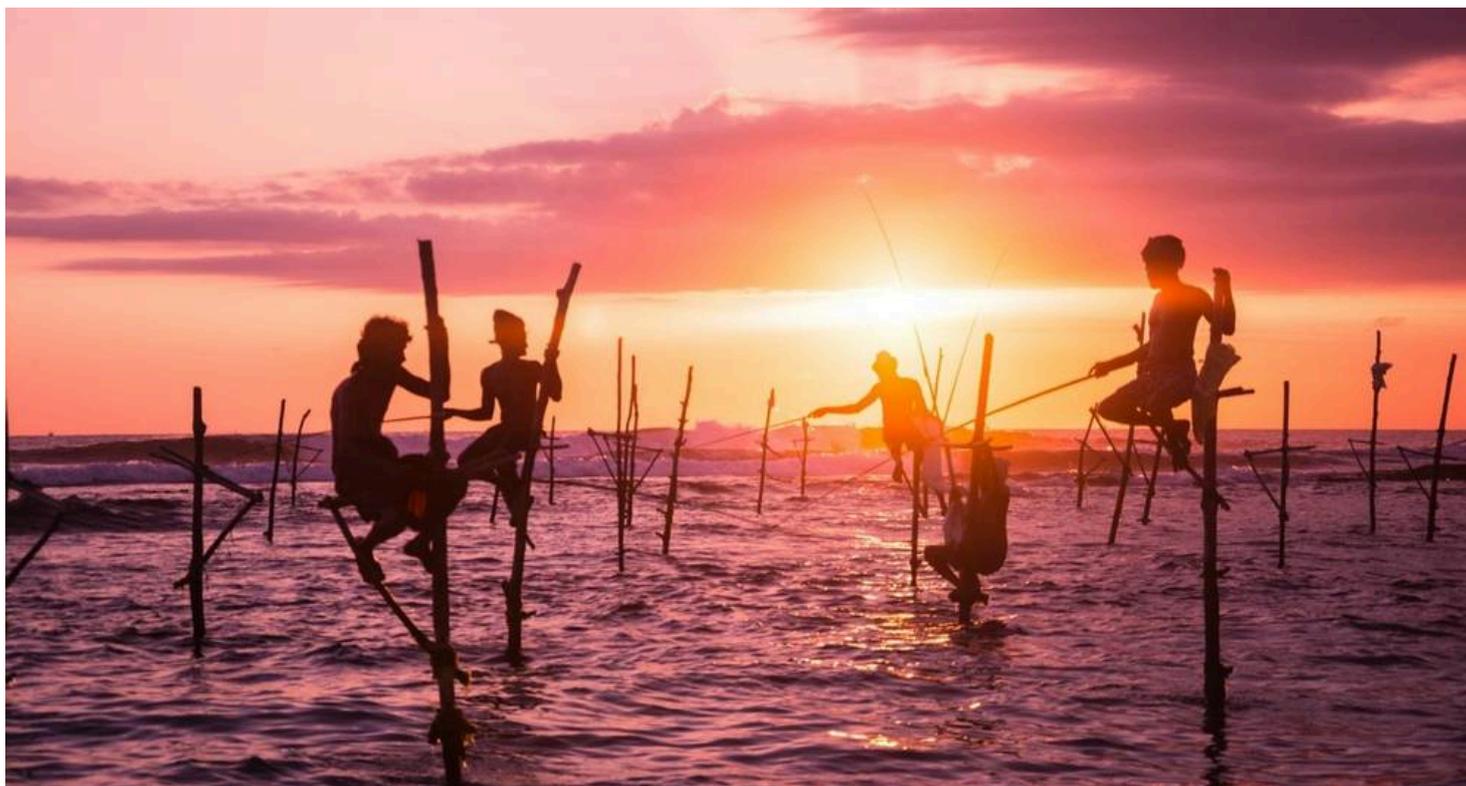
Sri Lanka Guided Walking Holiday

Tour Style: Worldwide Multi-Centre

Destination:

Trip code: LKWHW

Trip Walking Grade: 1



HOLIDAY OVERVIEW

Discover the jewels of this beautiful island, from the grand, ancient city of Anuradhapura and the Temple of the Tooth in Kandy – the last home of the Sri Lankan kings – to the rich biodiversity of the grassland and cloud forests of Horton Plains National Park.

WHAT'S INCLUDED

- 13 nights' accommodation in en-suite rooms
- Half board from dinner on arrival to breakfast on departure
- A full holiday programme led by local guides and HF Holidays' leader
- All sightseeing and entrance fees
- Travel by air-conditioned coach/minivan or train
- Tips

HOLIDAYS HIGHLIGHTS

- Great variety in a relatively small area

- Explore the peaceful ruins of ancient cities dating back over 2,000 years
- Walk in beautiful hill country, through tea estates with amazing views
- Visit Kandy, the lively lakeside city in the hills with its sacred Buddha tooth relic
- Receive a warm and friendly welcome from a very hospitable culture
- Stay in excellent hill stations, beach resorts and colonial style guesthouses



USEFUL HOLIDAY INFORMATION

Weather & Seasonality

Sri Lanka is warm and sunny year-round with average temperatures of 27°C (80°F) on the coast and around 20°C (68°F) in the hills.

It can rain at any time of the year, but the driest season in the west, south and central highlands is October to March

Joining Instructions (With Flights)

For those travelling on our HF Holidays' group flight, please proceed to the arrivals hall once you have passed through passport control, customs and baggage reclaim, when you arrive at your destination. Your leader or local leader will assemble the group in the arrivals hall. Look out for the HF Holidays' sign.

Joining Instructions (Without Flights)

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives. If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group. If your flight arrives before the group flight and you would like to join the transfer to the first hotel, please contact our Abroad Administration team on (0)20 8732 1271. They will have a list of the relevant transfer costs.

Essential Information

As you'll be carrying your own luggage at airports and between your transport and hotels we recommend you try to keep your luggage to a minimum. These items are a general suggestion of what to pack for an active outdoor and walking holiday; depending on your destination, you may need more of some things and less – or none! – of others. You'll know best what you prefer to wear when out walking or while taking part in other outdoor activities.

- Walking boots (worn in), with good ankle support and spare bootlaces
- Walking socks
- Walking sandals
- Lightweight fleece, waterproof trousers and jacket
- Shorts and short-sleeved t-shirts
- Long trousers and long-sleeved light-coloured shirts with collars to protect from the sun.

Your clothing should ideally be pre-treated with insect repellent and in-built sun protection (available from specialist clothing stores such as Rohan, Cotswold Outdoor).

- Warm fleece, scarf/buff hat and gloves
- Torch
- Comfortable clothes and shoes for evenings and sightseeing
- Sun protection – sun hat, sunglasses, high factor sunscreen and lip protection
- Water bottle – at least 2-litre capacity
- Lightweight survival bag
- Small/medium rucksack (30 litre) and a liner or cover to keep contents dry
- Insect repellent
- Universal travel plug
- Personal first aid kit including: personal medication, tissues, plasters, blister kit, painkillers, antiseptic wipes, Imodium, rehydration sachets

Essential Equipment

- Passport (and copies)
- booking confirmation
- insurance cover note
- HF Holidays' registration form.

Please ensure you have access to emergency funds should you need them; carrying a credit card is probably the most convenient method.

Optional Equipment

- Trekking poles (especially if you find these useful for descents)
- camera
- umbrella
- binoculars
- high energy food bars.

Please note that the HF Holidays' leader reserves the right to refuse to take any guest on a walk should they consider that a lack of suitable clothing/footwear may affect safety

Trip Information

Passports

Passports must be valid for six months from date of entry and have one blank page

Visas

ETAs are required and must be obtained in advance; they cost approx. US\$40. To apply, visit <http://www.eta.gov.lk/slvisa/>

Before booking, you should check with your doctor to see if any health precautions are needed

The following websites provide a wealth of information on travelling and health: www.fitfortravel.nhs.uk
www.traveldoctor.co.uk

Vaccines: Diphtheria, Hepatitis A, & Tetanus vaccinations are recommended. Typhoid and Rabies are sometimes recommended too.

Cases of Dengue Fever are on the increase in Sri Lanka, and all regions within the country are experiencing outbreaks of this mosquito borne disease. You should take steps to avoid being bitten.

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

Useful Information

Luggage Allowance

1 piece checked-in luggage (max 30kg)

Please check details of your airline's baggage allowance, as shown on your e-ticket. Remember to also check any connecting flights you may have booked.

Lost or damaged luggage

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport.

GMT/UTC +5½ hours

Electricity supply is 220V, 50hz. Plugs in Sri Lanka come in a range of variations – the 13 | Call 020 8732 1250 or visit hfholidays.co.uk main type is like that found in India, but you may also find US, EU and UK-style plugs in your room.

The currency is the Sri Lanka Rupee (Rs). Credit cards are accepted in most hotels and larger stores, but usually a charge will be added. The tourist board urges caution when paying by credit card due to the potential for fraud. It is recommended to bring cash in Pounds Sterling or Sri Lankan Rupees as the most convenient method of payment, particularly as much of the holiday is spent outside towns and cities. Traveler's cheques are not advised.

Often the most convenient and economical way to obtain money is to use a credit or debit card to withdraw cash from an ATM machine. Visa cards are the most widely accepted by ATMs.

Whilst you are in Jordan, we suggest you will need JD50-70 per person per day to cover incidental items such as drinks with meals, additional snacks and any souvenirs you may wish to purchase.

Insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We have negotiated special holiday insurance and full details of this cover can be found in our brochure or at www.hfholidays.co.uk. There is no extra charge for pre-existing illnesses.

If you would like to purchase insurance from us, please call us on 020 8732 1220 or email holidayservices@hfholidays.co.uk.

For more information about healthcare abroad and its costs, please visit: www.dh.gov.uk/travellers.

If you are arranging your own travel insurance, please ensure it is adequate for your specific itinerary. Generally, this should include cover for walking at altitudes over 2,000m - the highest point on the harder walks may go up to 2,700m.

Once you have made your booking, you will receive a pre-holiday questionnaire where we ask for details of next of kin and insurance details. You must complete and return this to us - we need to have this from you at least 10 weeks before travel.

Please also inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders have to consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services on 911. Please then call our emergency number (see page 8) and let us know there is a problem.

Sinhala, Tamil and English are spoken in Sri Lanka – the former two are the national languages, whereas English is a lingua franca.

It's certainly very easy to get by in English in the main centres but it is less popularly spoken in more rural areas.

Lonely Planet, Sri Lanka (Jan 2018)

John Gimlette, Elephant Complex (Aug 2016)

Maps

Although you won't need them, if you'd like any maps of the destination, you can obtain some in advance from The Map Shop: www.themapshop.co.uk

Tipping

Tips are included on this holiday.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you

have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

Document produced: 27-11-2021

