Walking with Sightseeing in Sri Lanka



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Walking with sightseeing	Sri Lanka	4	3387kg CO2

HOLIDAY OVERVIEW

Sitting off India's southeast coast, Sri Lanka is a paradise island packed with natural beauty and cultural treasures. Behind a dazzling coastline lie lush jungle, vast tea plantations, fragrant spice gardens, and former hill stations that hark back to its time as the British colony of Ceylon. Let our expert guides take you on an exhilarating tour combining must-see sights with well-known walks and remote routes that showcase the island's exotic charms. Explore ancient ruins like Sigiriya's Lion Rock, historic cities such as Colombo and Galle, plus sacred Buddhist shrines including Dambulla Cave Sanctuary and Kandy's Temple of the Tooth. We'll also search for wild elephants, leopards, monkeys, and more on national park safaris, take high tea in the elegant Grand Hotel, and embark on one of the world's most beautiful train rides.

WHAT YOU'LL LOVE

- Exploring UNESCO-listed Polonnaruwa and the cave temples of Dambulla
- Climbing to the summit of Sigiriya through the impressive lion-shaped gateway of a ruined 5th-century palace
- Walking some of the best trails for stunning views of mountains, valleys and waterfalls
- Searching for elephants, leopards, sloth bears and water buffalo on two game drives

- Taking a workshop in Batik art and eating authentic local food with a village family
- Visit Peradeniya Royal Botanical Gardens with an expert botanist
- Riding Sri Lanka's heritage-rich railway across the "Bridge in the Sky"

WHAT'S INCLUDED

- Local Tour Manager who leads walks and sightseeing
- 14 nights' premium hotels in multiple locations
- 14 breakfasts, 6 lunches, 13 dinners
- High tea at the Grand Hotel in Nuwara Eliya
- All sightseeing, excursions & entrance fees
- Sightseeing with expert local guides
- Automated Wireless guiding system to assist in hearing the guide's information
- Pair of ankle socks for use throughout the tour for entrance to religious sites (shoes must be removed)

ITINERARY - ITINERARY

Day 1 **Travel to Sri Lanka**

Fly to Sri Lanka's Bandaranaike International Airport in Colombo.

Day 2 **Arrival In Colombo, transfer to Negombo**

Your local Tour Manager will meet you at Bandaranaike International airport and accompany the group to your hotel in Negombo around an hour's drive away. With quaint Dutch-style canals and an emerging culinary scene, the coastal town of Negombo is a relaxing place to begin your holiday and get to know your fellow travellers over a welcome dinner at the Kalpuwa Lounge, a lagoon-facing restaurant in our hotel.

Hotel: Regenta Arie Lagoon

Day 3 **Colombo Heritage Tour**

After breakfast, we'll travel by private coach to Colombo for a guided walking tour of Sri Lanka's capital city. Founded over 600 years ago, Colombo was a key trading hub for sea merchants and colonial rulers. The wide array of Buddhist and Hindu temples, mosques and churches reflect the various beliefs practised all over the island whilst the beautiful facades of old, colonial buildings contrast with modern shopping arcades. Join your Tour Manager for a gentle walk through the heart of downtown Colombo. Follow as they lead the way along the city's vibrant streets and share captivating stories about Sri Lanka's bustling capital.

Walking into the commercial hub of Colombo Fort, away from the usual tourist trails, we discover the colonial landmarks and historic monuments that have shaped the Colombo we see today. Pause for a refreshing cup of Ceylon tea and then head to the lively Pettah Bazaar – a colourful maze of stalls selling everything from trinkets and

textiles to fresh produce, electronics, and, of course, aromatic spices. We visit the Old Dutch Hospital, a beautifully restored 17th-century colonial building that now houses elegant restaurants and stylish boutiques. The tour also includes the viewing deck of the Lotus Tower for panoramic views over the city.

Your included lunch is a variety of small, shared dishes at the famous Curry Club – a restaurant that aims to preserve Sri Lanka's culinary traditions with a modern twist. Master chefs carefully select spices from local artisan growers who handpick and dry their spices in small batches, keeping blends a closely guarded secret.

After our walking tour and lunch, we board our coach and drive to the Gangaramaya temple. This temple is one of the oldest and most important Buddhist temples in Colombo.

Later in the afternoon, we visit a spice and herb shop where staff will introduce the ancient Indian system of Ayurveda and provide an explanation of the use of various herbs and spices in this holistic medicine.

Returning to Negombo, you can relax at the hotel, explore the town independently or join your Tour Manager for dinner at Lord's restaurant where there is an extensive menu of international and Sri Lankan cuisine. In 2023, Lord's restaurant launched the Hope Foundation to help homeless cats and dogs. Today, the owner provides a permanent home for 52 dogs and 6 cats, while a feeding and medical programme supports many more. Lord's also backs the Yawajeewa Community Learning Centre, offering education and two daily meals to children in need. By dining at Lord's, our groups help sustain these vital projects.

Hotel: Regenta Arie Lagoon

Day 4 **Negombo – Dambulla Cave temple – Habarana**

Leaving the coast, we head inland to the UNESCO-listed Dambulla Cave Temple before continuing to Habarana, our base for three nights. Dating back to the 1st century BC, Dambulla is one of Sri Lanka's most important Buddhist monasteries. Its five caves are filled with vivid murals and hundreds of Buddha statues, making it a sacred pilgrimage site for over 2,000 years.

We pause for lunch at a Hela Bojun Hala, a community project empowering women across the country through cooking and selling traditional Sri Lankan cuisine. Afterwards, we head on to Habarana, close to Sigiriya and Minneriya National Park, where we'll settle into bungalow-style rooms, before a cultural dance show and a Sri Lankan BBQ dinner.

Hotel: Habarana Village by Cinnamon

Day 5 **Habarana – Polonnaruwa – Minneriya – Habarana**

Today we visit Polonnaruwa, the second kingdom of Sri Lanka and now a UNESCO World Heritage Site. Look out for the famous Gal Viharaya or "Rock Temple" where you will see four colossal statues of the Buddha cut into the stone, reflecting peace, serenity and strength. Polonnaruwa also boasts ruins of ancient palaces, intricately carved moon stones and royal baths. After our tour, we will stop on the banks of the Parakrama Samudra reservoir for a picnic lunch. From here we will drive to Minneriya National Park for a game drive.

Minneriya is one of the best places on the island to see the Sri Lankan Elephant as well as a whole host of other mammals, birds, butterflies, reptiles, and amphibians. The park is also an important habitat for the two endemic monkeys of Sri Lanka - the Purple-faced Langur and Toque Macaque. Aside from the wildlife, the impressive Minneriya tank - a reservoir built by an ancient civilization – is undoubtedly one of the highlights of the park. After our safari we return to our hotel for free time before our buffet dinner.

Note: Depending on the period of the year/weather, we may need to move the safari to Kaudulla National Park or Eco Park, which are located within the same region.

Hotel: Habarana Village by Cinnamon

Day 6 Habarana – Sigiriya – Habarana

We start early this morning to watch the sunrise from Sigiriya Rock Fortress, a UNESCO World Heritage Site towering 200 metres above the jungle. Built in the 5th century by King Kasyapa, this ancient citadel rewards every step of its 1,200-step climb with fascinating sights – the so-called mirror wall, colourful frescoes, ancient graffiti, and the awe-inspiring lion-shaped gateway that leads to the summit. At the top, explore palace ruins and soak up panoramic views that make the effort worthwhile. Due to the strenuous nature of this climb and the need for a good level of fitness this activity is optional. For those who prefer not to climb Sigiriya Rock Fortress, there is the option to visit the Sigiriya Museum. Located close to the entrance to the archaeological site, the museum provides a fascinating insight into Sigiriya's history, archaeology and ancient engineering through artefacts, exhibits and models of the fortress complex. Admission is included in the Sigiriya entrance ticket at no additional cost.

After a special sunrise, return to the hotel for breakfast and a little time to relax before a rural village walk. Meet the residents, learn traditional cooking during a hands-on demonstration, and share a delicious lunch. Back at the hotel, enjoy free time before an evening buffet dinner.

Hotel: Habarana Village by Cinnamon

Day 7 Habarana – Matale- Kandy

Today we leave Habarana and visit Aluviharaya Rock Cave Temple. Surrounded by towering boulders, Aluyihara's name means Ash Monastery which legend has it, refers to the ashes left behind when a giant used three of the huge stones as a base for his cooking pot. This sacred site is where monks first transcribed the Tripitaka or Pali Canon Buddhist scriptures in the 1st century BC. As you ascend, explore caves filled with reclining Buddhas, colourful murals, and striking depictions of Buddhist stories before reaching the summit for views of a golden Buddha. The climb is moderate with some steep steps. Afterwards, visit the museum where your name will be inscribed on an Ola leaf as a unique keepsake.

Next, we travel to Matale to try Batik painting firsthand at a women-led cottage industry followed by a traditional shared Sri Lankan lunch. This craft was introduced in the 19th century and has become part of Sri Lankan heritage. From here we head to the National Spice Garden for a guided sensory tour of the island's rich spice culture.

Finally, we journey to Kandy, our base for two nights. This UNESCO-listed city was the last royal capital of Sri Lanka and is home to the revered Temple of the Tooth. Other highlights include the lake, Royal Botanical Gardens, and artisan workshops producing silverware, brassware, and gem-studded jewellery. Check in and relax before dinner at the hotel.

Hotel: Cinnamon Citadel

Day 8 Kandy - Peradeniya Royal Botanical Gardens, Temple of the Tooth

After breakfast, we hop into tuk-tuks for a short ride to Peradeniya Botanical Gardens. Join Bandara Palipana, who has worked here for over 30 years, on a fascinating walk among 4,000 plant species. Hear stories of this former royal pleasure garden, transformed into a botanical showcase in 1821, and see highlights like Palm Avenue, the bamboo collection, and a priceless display of 300 orchid varieties.

Next, we visit the Sthree Craft Shop and Café for lunch. This inspiring social enterprise trains women and youth at risk, supporting community programmes including a shelter for abused women. After lunch, enjoy a guided city walk with your tour manager, exploring Kandy's colonial architecture, bustling Market Hall, and rich cultural heritage.

Our day ends at the Temple of the Tooth, one of Buddhism's most sacred sites. Witness the offering ceremony. Surrounded by the sound of drums, the smell of incense, and the sight of lotus flowers, you'll witness the resident monks fulfil an age-old tradition as the inner sanctum opens to reveal the revered relic. After a moving experience we stroll back to the hotel for dinner.

Hotel: Cinnamon Citadel

Day 9 **Kandy - Pekoe Trail - Nuwara Eliya**

Distance: 7 miles (11km)

Ascent: 1132 feet (345m)

Descent: 1220 feet (372m)

Our route today climbs steadily from Kandy into the Central Highlands, passing lush hills and terraced tea plantations on route to Nuwara Eliya, a former British hill station once known as 'Little England'. On the way we will stop at Ramboda Waterfalls, one of Sri Lanka's most spectacular cascades.

After picking up picnic supplies, we drive to Kandapola to walk section 22 of the famous Pekoe Trail. Launched in 2023/4 this 186 mile trail is the longest in Sri Lanka and winds through the scenic Central Highlands. The Highlands were awarded UNESCO World Heritage status for the extraordinary range of flora and fauna, including several endangered species such as the western-purple-faced langur, the Horton Plains slender loris and the Sri Lankan leopard. The region is also considered a super biodiversity hotspot.

The Pekoe Trail is operated as a social enterprise, and we are thrilled to have "special walks leaders" who are villagers trained to share their knowledge and guide walkers, ensuring tourist revenue directly benefits local communities while preserving heritage and nature.

We are walking Section 22 of the Pekoe trail which is the final trail. It is a 7-mile (11km) route offering stunning views of the surrounding mountains and countryside. It meanders through historic tea estates and remote villages, offering glimpses of daily life and encounters with tea pickers and local farmers. We pass the historic Court Lodge Tea Estate which was established in 1890. We'll stop for our picnic along the way before finishing at Pedro Tea Estate and then driving to Nuwara Eliya to check in to our hotel and relax.

Hotel: Galway Heights

Day 10 **Nuwara Eliya – Horton's Plain – Nuwara Eliya**

Distance: 5.5 miles (9km)

We start early today with a packed breakfast and head to Horton Plains, a UNESCO-listed nature reserve rich in biodiversity including numerous endangered species such as the slender loris, the western, purple-faced langur, and the elusive leopard. A scenic loop walk takes us through grasslands and cloud forest to World's End, a dramatic 1,200m drop with impressive views across the surrounding landscape.

After the walk, we stop en route back to Nuwara Eliya at the Amman Kovil Hindu Temple for photographs of its stunning exterior. We continue to our hotel to freshen up before a very special lunch – High Tea in one of Sri Lanka's most historic hotels. The Grand Hotel was built by Sir Edward Barnes who was Governor of Ceylon from 1824 to 1831 and taking High Tea in this elegant landmark has been an exclusive experience since its 19th-century heyday. Today the hotel balances heritage with sustainability through locally sourced food and eco-friendly practices.

After lunch your Tour Manager will lead a walking tour of Nuwara Eliya, that takes in Lake Gregory and all the hidden corners of this charming hill town. We then return to the hotel for dinner.

Hotel: Galway Heights

Day 11 **Nuwara Eliya - Ella - Weerawila**

Walk Distance: 1 mile (1.6km)

Today is all about tea and trains. The history of tea in Sri Lanka is linked to the British colonial era. Scottish tea planter, James Taylor – a close associate of Thomas Lipton – led the cultivation of tea in Sri Lanka from 1867. The Central Highlands climate was ideal for tea plantations and the industry rapidly expanded, leading to Ceylon tea becoming world-famous. Although the name of the island was changed to Sri Lanka in 1972 the tea has retained its famous name globally. We visit the Uva Halpewatte Tea Estate to see the tea leaves being dried, crushed, sorted and packed along the production line. We can also grab a basket to wander through the tea estate learning the art of picking. Talented guides will lead us around the 1940s-era factory explaining the production and the varieties of tea then escort us to the Sky Lounge for a tea tasting experience with a glorious view.

We stop for lunch at 98 Acres Resort and Spa, chosen for its extensive menu and stunning views. Afterward, enjoy a scenic walk to Little Adam's Peak along tea fields and a short stair climb to the summit, where sweeping views of Ella Gap and surrounding plantations await. The walk takes around 45 minutes each way.

Next, board a train for one of the world's most beautiful journeys, crossing the iconic Nine Arch Bridge – a colonial-era viaduct known as the 'Bridge in the Sky'. Arriving at Demodara, a quick tuk-tuk ride returns us to our coach for the drive to the picturesque Weerawila Lake where our hotel is located.

Hotel: Double Tree by Hilton

Day 12 **Weerawila – Yala National Park – Weerawila**

"In all things of nature there is something of the marvellous." Aristotle

Enjoy a leisurely morning using the outdoor pool or take a walk near the lake, before we set off for Yala National Park - Sri Lanka's second largest park and home to the world's densest population of leopards. After a light lunch near the park, we begin our afternoon safari. We will board 4x4 jeeps that have open-top or pop-up type roofs to allow for better wildlife viewing. Experienced drivers focus on getting groups to sightings of wildlife and are in communication with each other to share where animals may be seen.

The Sri Lankan leopard is a nocturnal hunter and very elusive but can sometimes be seen during the heat of the day sleeping under trees or on rocky outcrops. As we search, keep your camera ready for elephants, monkeys, spotted deer, crocodiles, wild boar, and over 200 species of bird. This is a truly memorable adventure, combining stunning scenery with exceptional wildlife encounters. Return to the hotel and freshen up for dinner.

Hotel: Double Tree by Hilton

Day 13 **Weerawilla -Ramba Viharaya Temple - Galle**

Today we visit Ramba Viharaya Temple, Southern Sri Lanka's largest Buddhist monastic complex dating back to the 12th and 13th centuries. As one of the lesser-known temples, it offers a more relaxed pace to admire intricate carvings, colourful frescoes, and exotic gardens. To round off our visit, we'll participate in a Buddhist alms giving ceremony, a daily ritual where monks walk in procession to receive food and other offerings from the local community. We then enjoy lunch at the temple.

From here, we continue towards Galle, stopping at villages to stretch our legs and witness the traditional craft of stilt fishing – an iconic image of Sri Lanka. Once a livelihood, it's now a cultural performance, with fishermen perched on wooden stilts in the shallow sea, creating a striking photo opportunity. You might like to try perching on the stilts for another interesting photo opportunity. On arrival in Galle, we check into our hilltop hotel which boasts stunning views of the Indian Ocean.

Hotel: Jetwing Lighthouse

Day 14 **Galle**

An early start to enjoy a sunrise cruise along the Mahamodara River, gliding through dense mangroves that form part of a rich wetland ecosystem. It's a peaceful experience for nature lovers and birdwatchers, with the chance to spot a variety of flora and fauna as the day begins. After the cruise, we return to the hotel for breakfast and a little time to relax.

Later, explore Galle with a local historian. This UNESCO World Heritage city blends colonial charm with South Asian traditions. We'll walk through the famous Galle Fort, originally built by the Portuguese and strengthened by the Dutch, which is still standing today with only a few changes throughout the centuries. Explore on foot and discover the fascinating history, architecture, and streets of this iconic Sri Lankan city. After the tour there is some free time for independent exploration, you might like to climb the fort ramparts.

Hotel: Jetwing Lighthouse

Day 15 **Galle - Ambalangoda - Colombo**

On our final day, we follow the coastal road to Colombo, stopping in Ambalangoda to visit the Mask Museum and Conservation Centre. Here, an award-winning Kolam dance guru shares the story of this unique art form, passed down through generations since its origins in mythology. Discover vibrant masks depicting village characters and mythological figures, used in dances full of humour, satire, and social commentary. This rare insight into Sri Lanka's cultural heritage is a memorable highlight before we continue to Colombo.

On arrival in Colombo enjoy free time. The Sofia Colombo City hotel is well located to explore Colombo city and the sea front. This evening, we have a farewell dinner to celebrate a wonderful journey around the pearl island that is Sri Lanka.

Hotel: Sofia Colombo City Hotel

Day 16 **Depart for home**

Transfer to the Bandaranaike International airport for your flight home.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.

ACCOMMODATION

Regenta Arie Lagoon 4-star – Negombo (2 nights)

Located between a crystal-clear lagoon and the Indian Ocean in the charming fishing village of Thalahena, this resort is the perfect place to begin your Sri Lankan adventure. Relax by two sparkling pools or enjoy a sunset cocktail at the Crab Claw Bar. Bar-A-Cuda offers a lovely spot for pre-dinner drinks. Guests can make use of the hotel gym or head to the spa for treatment* whilst rooms feature free Wi-Fi, satellite TV, rain showers, king or twin beds, tea and coffee facilities, and a minibar – everything you need for a comfortable stay. *Payable locally

Habarana Village by Cinnamon 4-star (Habarana) 3 nights

Designed like a local village, this lakeside resort offers bungalow-style rooms complete with Wi-Fi, flat screen TV, coffee maker, mini fridge and a private outdoor seating area. Guests can enjoy a swim in the infinity pool and look forward to international and Sri Lankan cuisine served at the restaurant's breakfast and dinner buffets. Tuskers is a unique bar where you can sip a refreshing drink or two with the chance to spot wildlife from its comfortable setting. Elephants can wander down to the lake to bathe which is a wonderful sight to see.

Cinnamon Citadel 4-star (Kandy) 2 nights

Perched above the Mahaweli River, Cinnamon Citadel is a perfect retreat for relaxing and taking in stunning mountain views. There is a good size lounge bar with views across the pool to the river. A lovely spot to watch the sunset. The main restaurant the Panorama has large wraparound windows affording more views of the stunning landscape. Rooms offer a river/garden view with modern, comfortable interiors. Facilities include free Wi-Fi, tea and coffee making, mini bar and a separate walk-in shower.

Galway Heights 5-star (Nuwara Eliya) 2 nights

Set in the lush central highlands, Galway Heights provides a home-away-from-home atmosphere. After a day of exploring, relax in the hotel's cosy pub with a drink and game of billiards, enjoy English and Irish cuisine in the main restaurant, or browse the mini library for a book to read. Rooms have garden or mountain views and include free Wi-Fi, minibar and wall-mounted TV.

The hotel's swimming pool is open year-round. For health and safety reasons, the pool is typically closed overnight, usually between 7:00pm and 6:00am, to allow for essential cleaning, filtration and maintenance. Pool opening hours may vary slightly and are subject to change by the hotel.

Double Tree By Hilton 4-star (Weerawila) 2 nights

This resort is nestled in greenery on the banks of Weerawila Lake providing a picturesque location. There is a large outdoor pool with the Hornbill bar nearby. Nightjar is a rooftop bar with entertainment in the evening. Turnstone offers a cosy setting with plush indoor seating and a wide range of drinks from cold brew coffee to cocktails. Stylish Garden view rooms include a small terrace where you can relax, and the decor reflects the natural surroundings. Rooms are well appointed including a small sofa, HDTV, a mini bar and free Wi-Fi. There is a generous rain shower in the bathroom.

Jetwing Lighthouse 4-star (Galle) 2 nights

Designed by the celebrated Sri Lankan architect Geoffrey Bawa, this is one of the most iconic hotels in Galle due to its stunning location overlooking the Indian Ocean. Hotel facilities include two pools, alongside a gym and spa. For drinks, the Coats of Arms Bar is an elegant establishment surrounded by panoramic ocean scenery. Rooms are stylish and comfortable with free Wi-Fi, tea/coffee making facilities, mini bar and 40″ LCD Television. There is a generous rain shower.

Sofia Colombo City Hotel 4-star (Colombo) 1 night

Located in the heart of Colombo Sofia is a contemporary hotel with wonderful views of the Indian ocean. Skyscape rooftop has an infinity pool with views of the city and the ocean. At the Seascape Lounge bar, you can enjoy a pre-dinner get together with signature cocktails, a selection of wines and beers and refreshing non-alcoholic drinks on offer. Rooms have floor to ceiling windows affording stunning views of the city skyline or the ocean. Facilities include a mini bar, free Wi-Fi, on demand and Hitron TV and the luxury of In-room Espresso gourmet coffee and tea making options. Bathrooms have showers.

ESSENTIAL INFORMATION

Packing list

Sri Lanka unlike many other Asian destinations, can lay genuine claim to being a year-round holiday destination. We have picked the best months of the year to travel however, weather patterns are changing across the world so it is good to be prepared for the unexpected. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking shoes that have ankle support (heavy boots are not necessary)
- Waterproof jacket
- Insulated jacket/top for cooler evenings in the Central Highlands
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Insect repellent
- Torch (handy for hotel grounds and in the room)
- Water bottle (water is provided throughout the tour)
- Rucksack/day pack
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy

Recommended

- Collapsible walking poles (if you prefer using them)
- Swimwear and travel towel (hotels have pools)
- Snacks (for coach trips)
- Dry bags
- Camera/mobile phone

Optional

- Mat (something small to sit on for picnics or rest stops when walking)

JOINING INSTRUCTIONS (WITH FLIGHTS)

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)

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 3974 8865. They will have a list of the relevant transfer costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Electricity information for Sri Lanka

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.

Suggested reading and maps for Sri Lanka

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

Local Time for Sri Lanka

GMT/UTC +5½ hours

ATM Availability for Sri Lanka

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.

Dress code

Please Note: For all temple visits to show respect which will be appreciated, it is advisable to wear light coloured clothing with jeans, skirts, or dresses past knee length and long-sleeved tops or a shawl or sarong to cover the shoulders if you are wearing short sleeved tops.

Local Currency information for Sri Lanka

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.

Language Information for Sri Lanka

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.

TRIPNOTE VALIDITY

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.

Document produced: 27 November 2026